



wildsight
EDUCATION

Introduction to Sit Spots

By the end of this lesson, students will know what a sit spot is, how it can be used to observe nature, and think about where to create their own special sit spot.



Materials needed: A quiet spot to observe nature, something to sit on, nature journal (optional)



Grades K-7



15-60 minutes

What is a sit spot?

A sit spot is simply a favourite place in nature (or looking out a window at nature) that is visited regularly to cultivate awareness, expand senses and study patterns of local plants, birds, trees, and animals. The practice supports mindfulness, builds routine and increases focus.

Introduction to sit spots

- Watch Wildsight educator, Ayla Bennett, in this short video as she shares the secrets of the sit spot.
- Students should choose their own special sit spot location.
- Build the practice of visiting the sit spot into your weekly (or daily) teaching routine.
- Build up sit spot muscles by increasing the time students spend at their sit spot each visit.

While sitting in your spot

- Listen. What do you hear? Can you identify the sounds?
- Watch for movement. What do you see? Can you see tiny bugs, or birds, or squirrels?
- Look. What is your view? Is there anything new in your sit spot today, like a fallen leaf or a bird feather?
- Reflect. If you have a nature journal, write about what you experience in your sit spot today. You could include details like the weather, the colours you see, any other observations, and what you are thinking about today. What is it that you wonder about? Write it in your nature journal.



Sit spots can be out in the open or by a tree. They can be in your own house, backyard, or perhaps near your home.