

# Sit spots

”Sit spots are where you can connect and listen to nature. It makes you want to be outside and helps you feel calm in your heart.” - *Nature Through the Seasons student, Cranbrook*

Sit spots are a great way to tune into our senses. This month, ask your students to tune in to their sense of hearing during their sit spot. We love the book, “10 Ways to Hear Snow”, written by Cathy Camper, illustrated by Kenard Pack. If you have this book, read it to your students prior to heading outside or **listen to the audio book**.

In their sit spots, ask students to listen for as many sounds as possible.

- What does winter sound like?
- How can you tell it is winter just by listening?
- What are your favourite sounds of winter?
- How will these sounds change with the changes of the season?



wildsight  
EDUCATION

© Wildsight 2021