

Sit spot

Breath Exercise

As a lead in to your sit spot, try the following breathing exercise to really ground students and allow them to appreciate the quiet winter that surrounds them. Have students close their eyes as you give the following prompts:

Imagine you're holding a cup of hot chocolate in your hands. It's much too hot to take a sip, so you need to blow on it to cool it off. Bring your cup close to you, take a long breath in, and slowly blow the air out, to cool off your hot chocolate. Take another long breath in, and slowly blow the air out. Now take a tiny little sip of your hot chocolate and say "Mmmmmm...!" Make the "mmm" sound last as long as you can.

Try it again! Take a tiny little sip and say "Mmmmmm.....". Put your hot chocolate down, take a long breath in, and let the air all the way out.

Guiding Questions

Before students head to their special spots, ask one or more of the following questions for them to consider while in their special spot today:

- What does winter sound/smell/feel/taste/look like?
- If you could be an animal, what would your winter coping mechanism be (migrate, hibernate, stay and cope, chionophile)?
- Write or draw a letter thanking Mother Earth for all the wonderful things winter brings. For example, animal adaptations, snow, or the changing seasons.

At the end of your outdoor session, do a gratitude circle to share what students are thankful for.



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