



Sit Spot Activity

Explore your local area by practicing a regular sit spot.

Returning to the same spot regularly will help you and your child build a relationship with that place and will allow you to observe changes throughout the seasons. This activity is perfect for your backyard, a local park or wooded grassy area. Bring rain pants or plastic bag to sit on for wet days.

Not very often are children given an opportunity to simply observe. For this activity, they will use their senses to explore the natural environment and experience a connection to nature in their home community. In your outdoor space find a spot for your child to sit comfortably: under a tree, in the grass, along the beach. Set a timer for one minute and observe how many things you can hear, see, smell, and feel (emotionally and physically) during that time.

Encourage the use of all senses (except taste!) while you and your child are sitting down to get a richer experience. Listen to the sounds of the forest, smell the air around you, look carefully up and down to see what you can see, feel the earth underneath you or the rain/sun/wind on your skin.

Take a moment to share observations and reflections. What did you hear? What didn't you hear and why? Did you feel anything against your skin? Did you feel something inside yourself during this activity? Were you calm, relaxed, distracted or ansty?

Bird identification is great for this activity! Note the bird colour and songs you hear, and with the help of birding.bc.ca identify the bird. Confirm your identification by finding the bird call at northwestbirding.com/BirdSongs/index.html.

Return to your sit sport regularly throughout the weeks. As you become more comfortable in your spot, extend the time. You'll be surprised at how soon you'll be sitting for 5, 10, or 15 minutes, noting the changes in your spot!