



## Sit Spot Activity

*Build a relationship with a particular place in your local community and learn to observe seasonal changes in nature*

**Materials:** None. But on wet days, take rain pants or a plastic bag for each person to sit on.

**Possible activity locations:** a yard, local park, wooded or grassy area, next to a river or lake, along a beach, etc.

**Time required:** 5-20 minutes

Not very often are children given an opportunity to simply observe their surroundings. For this activity, they will use their senses to observe and appreciate the natural environment and develop a connection to place in their home community.

### Steps:

1. In your chosen outdoor space find a spot for your child to sit comfortably: under a tree, in the grass, along the beach, etc.
2. Sit at least a few feet away from your child so that you can each have space and quiet time to observe your surroundings.
3. Set a timer for one minute. Use your senses to actively hear, see, smell, and feel (emotionally and physically). Encourage the use of all senses except taste. Listen to the sounds of the forest, the trickle of water. Notice the smell the air and direction of the breeze around you. Look carefully up, down and around you to observe as much as possible. Feel the Earth underneath you and the sun/wind/rain/snow on your skin.
4. After the minute, take time to share observations and reflections. *What did you hear? What didn't you hear and why? Did you feel anything on your skin? What did you smell? What plants, insects and animals did you see? Did you feel something inside yourself during this activity? Were you calm, relaxed, distracted, antsy?*

Return to your sit sport regularly, perhaps making a goal of retuning once a week, regardless of the weather, and at different times of the day. 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.

Take the time to note seasonal changes. *Did you see different plants or animals? Did you notice different smells? What variations occurred due to weather, season, or time of day?*

**Let the fun continue!** Bird identification is great for this activity! Note the colours and sizes of birds, and their unique bird calls. Identify the bird species with the help of:  
[birdatlas.bc.ca/accounts/toc.jsp](http://birdatlas.bc.ca/accounts/toc.jsp) (also available in French)  
or [birding.bc.ca](http://birding.bc.ca). You can confirm your identification by finding the bird call at [northwestbirding.com/BirdSongs/index.html](http://northwestbirding.com/BirdSongs/index.html).



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