

SIT SPOT JOURNALLING

In your outdoor space find a spot for you to sit comfortably: under a tree, in the grass, along the beach. Write what you observe today, and see how it changes during future visits.

Date:

Date:

Date:

Describe where you sat:

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How long did you sit for?

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How many bird songs did you hear? Were they from the same bird, or many different birds?

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What other sounds did you hear?

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How did you feel while you were listening?

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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/