

Focus

- Nature Discovery
- Mindfulness
- Noticing Details
- Species Awareness

When

Day or night

Where

Any outdoor setting

Group Size

1 or more participants

Ages

10 and up

What You Need

Mat or cushion

A piece of paper,
pencil, pen or marker

Why Do It?

Connects you
with nature, builds
observation skills,
and brings calm and
curiosity into your day.

Sit Spot

Slow Down, Tune In, Discover Nature

What is it?

A Sit Spot is a place you visit regularly to sit quietly, observe, and connect with nature. It helps build awareness, calm, and curiosity.

1. Pick Your Spot

- **Close to home is best**—garden, park, quiet roadside patch.
- **Look for signs of wildlife.** No action yet? Add a bird feeder or bug hotel.
- Make sure you feel safe and comfortable.

2. Get Comfortable

- Bring a mat, cushion, or use a bench.
- Turn your phone off or on silent.
- Relax into stillness.

3. Use Your Senses

Ask yourself:

- What do I **hear**?
- What do I **see**?
- What can I **smell**?
- What can I **touch**?
- Can I **taste** anything safe?

4. Record What You Notice

- Sketch or write what you see, hear, and feel.
- Note changes each visit - weather, colours, animal signs.

5. Take Your Time

- Spend about 15 minutes.
- Start in silence to invite wildlife closer.
- Then share observations if you're with others.

**Tip**

Your *Sit Spot* doesn't always have to be the same place. On holiday? At a new park? Visiting a nature reserve? Use the same "sit and spot" technique wherever you are. It helps you connect with new places in a meaningful way.

#NatureNeedsHeroes

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