#### Focus

- Nature Discovery
- Mindfulness
- Noticing Details

Species Awareness
When

#### Day or night

Where

Any outdoor setting

#### **Group Size**

1 or more participants

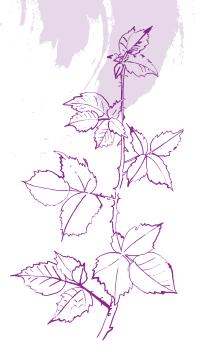
Ages 10 and up

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.

## , Тір

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.

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