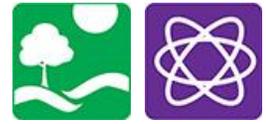


Sit Spot

GET OUTSIDE! • STEM



Sometimes, the best thing we can do to help ourselves and our planet is to simply slow down and head outside. Did you know that spending time in nature is the first step to becoming an observant biologist? No matter where you live, how old you are, or what season it is, you can find your own spot in nature and make it your own - not by changing it, but just by observing!

Sit Spot Time!

1. FIND YOUR SIT SPOT! Head outside by yourself or with an adult, and pick your sit spot.

- Pick a place that is easy to get to, either in your backyard or in a park close to your home.
- Find a place to sit that is comfortable, and surrounded by nature.
- If possible, pick a spot on the edge of two habitats - a forest, and a meadow, or a field and an stream.



2. SIT and OBSERVE.

- Take a deep breath and slow down.
- Close your eyes to focus on your other senses. What do you hear? What do you smell?
- Use your hands - what textures can you feel in your sit spot?
- What colors do you see?
- What patterns can you find from your sit spot?
- Stay for as long as you can to get familiar with your sit spot.

3. RETURN. Return to your sit spot every day, or as often as you can, to slow down, breath, and observe nature.

- Observe changes since the last time you were in your sit spot. Are plants changing? Can you find any new evidence of animals? Do you notice anything new?
- Can you find any evidence of the seasons changing?



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