



SIT SPOTS

Surround yourself with nature and see what you can find!

1. SENSORY CHECKLIST

What do you smell, see, hear or feel around you? Do you smell a sweet flower blooming nearby or feel the prickly edge of a pinecone on the ground?

2. SOUND MAPPING

Pretend where you're sitting now is the "x" below. Listen for sounds around you and mark each sound on the page based on where it comes from. Can you hear a bird in the tree to your left? Or a bee that flew right by you?

X



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3. WILDLIFE EXAMINATION

Sprinkle some bird seed near your sit spot and note how many different birds come to visit. Bring a magnifying lens and look for ants beneath the grass. What are they carrying and why? Sit and watch a flower to track which pollinators visit it and how often.

4. COLOR HUNT

How many different colors can you see? How many different shades of green can you find? Why are plants different shades of green?



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5. DETAIL DIARY

Pick something out in front of you and describe it in your journal. Is it a fuzzy leaf, tree branches, a flower? What does it look like?
