

# Sit spots

Use the following prompts and ideas to help your students settle into their spring sit spots.

## Sit spot prompts

Ask your learners one (or more) of the following observation questions. Take the opportunity after sitting in their special spots for learners to share their observations. Build up their sit spot muscles by increasing the time in their sit spot each outing.

- While sitting in nature I saw/felt/smelled/heard....
- What was it like to sit still and quietly observe your surroundings from one place?
- What feelings arose?
- What did you notice with your senses that surprised you?
- What is something you wondered?
- Draw a 'zoomed-in' picture of the ground right in front of you: what is living and growing there? Could you draw the scene from an ant's-eye view?
- Look up: what do you see? Can you draw the view?
- Do you have a special tree friend at your sit spot? Ask what your tree friend thinks of the changing of the seasons; what did it say?



## Reflective Walk

Walk in a single file line with your sit-upons in hand. When you give a nod to the person in the front of the line, they must take a quiet seat. A short distance further on, you should indicate for the next child to sit down. Repeat until they are all sitting far enough apart to not disturb each other.

When you feel that students are getting restless, start the walk again having students join the line in the same order. Once you have the whole group back together, you can ponder some of these questions:

- What did you notice when you were sitting alone?
- What did you hear? See? Smell? Touch?
- Was it a positive experience? Why or why not?
- Did you find it difficult to sit alone for an extended period of time?
- If you were to return to your sit spot again in the next day, week or month, what do you think would be changed? What ways might you track or record this information so that you have a catalogue of what is going on and what is changing over time?



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