Spending time in nature is healthy for our mind and body. This activity has you pick an outdoor place and sit quietly observing nature for at least 15 minutes. You will be amazed to see how nature comes to life around you when sitting still and quiet! Use the Sit Spot journal to record observations while at your spot. If sitting with multiple family members, give each person their very own sit spot in their own space. Sitting still in nature takes practice, try it today!
1) Gather your materials:

- Clipboard or other hard writing surface (like a book)
- Pencil
- Sit Spot journal (print this out)
- Something to place on the ground to sit on (bag, yoga mat, pad...)
Plants give so much to the creatures on Earth. Find a plant near you, observe it and draw it here.

After spending time at your SIT SPOT, what name would you give it?

A wish I have for my SIT SPOT:

My SIT SPOT Book

Draw your SIT SPOT above
Describe your SIT SPOT below

Name:

Date:
Quiet Listen for Nature Noises
1. Get comfortable, close your eyes
2. Listen for at least 7 nature noises
3. Write and/or draw the nature noises you heard

Habitat is Home...
Find a living creature and observe it for minutes. Draw this creature and its habitat. Label your drawing too.

A Natural Poem
Write a poem inspired by nature and your SIT SPOT. Remember, it does NOT have to rhyme to be a poem.

How I Am Feeling...
As you sit in your spot, think of how you feel. Write at least 5 describing words about how you feel.
Sit Spot journal
for young readers

My Sit Spot’s name is:

My Sit Spot is:

A wish for my Sit Spot:

Drew a picture of your Sit Spot here:

My Sit Spot is:

How I feel at my Sit Spot:

What I see at my Sit Spot:

1. 

2. 

3. 

4. 

What I hear at my Sit Spot:

1. 

2. 

3. 

4.
2) Find your sit spot- go out to a place with nature (a place with a few plants or a quiet park or a creek-side location). Look around until you find the perfect spot for your sit.

3) Place your covering on the ground, sit and begin to get comfortable. Get out your clipboard, pencil and journal. Take a few deep breaths and close your eyes for a few moments.
4) Begin to sit still and quiet for 15 minutes. First, just relax and try to become part of the scene so nature will come to life around you.

5) Begin to capture some of your observations in the Sit Spot journal. This is your journal so you choose how to fill it in— with writing or drawing or both!

6) Keep relaxing, observing and blending in. There is a nature show all around you at all times... keep watching for it! Look close by at the ground, look up to the tree tops and sky, look all around.

7) Notice how you feel after sitting in nature. Calm, relaxed, peaceful are common ways to feel after spending even a few minutes soaking up nature! Return again to your spot to return to your positive state of mind. Consider sharing this activity with others who would enjoy it ☺
THANKS FOR CARING ABOUT OUR CREEKS!

Activity supported by:
Sonoma Water
City of Santa Rosa’s Creek Stewardship Program

Hope you enjoy your Sit Spot!