



NATURE AT HOME

We hope to inspire kids of all ages to learn about the natural world and discover new connections to nature.



The Sit Spot

View the video at DishmanHills.org/Nature-At-Home

Step 1: Find a comfortable location where you feel safe and can sit quietly with little distraction.

Step 2: Set a timer for 10 minutes and see if you can remain still for this stretch of time. This may seem like a l-o-n-g time. Think about what you see, hear and smell, and what questions you might have. You might be surprised by how quickly the time flies. Then ask yourself the questions listed below.

SEE:

- What is something I have never noticed before around me?
- Whether in rural or urban space, what evidence of nature is around me?
- How could I describe one object in my sit spot to someone else?

HEAR:

- When I close my eyes, how many different sounds can I hear?
- Do the sounds I'm hearing change over the 10 minutes?
- Do I hear more, or fewer sounds the longer I sit? Why might that be? Are there sounds I can't identify? What might these be?

SMELL:

- What is the most fragrant thing I am smelling?
- What does this smell remind me of? A food? A memory?
- Is the smell pleasant or unpleasant? Why?

FEEL:

- Is the air around you warm or cool, moving or still, moist or dry?
- Can you feel the sun shining on you face? What does it feel like?
- Describe your sit spot. Is it soft or hard, rough or smooth, warm or cold?
- Think about how you feel while sitting in your sit spot. How did you feel at the beginning, at the end? Did you feel more calm or anxious, relaxed or tense, excited or bored? What else?

Step 3: After the timer goes off, reflect on what you experienced. Write a journal entry about the things you saw, heard, smelled and felt while in your sit spot. OR, draw something you saw and details that excited you. If you shared a sit spot with someone, what are similarities/differences that you noticed?

Take time at your sit spot to relax!

If you would like to share your drawing or journal writings email: Education@DishmanHills.org.