



SIT SPOT

Time taken: 10-30 minutes

Materials needed: Your senses!

Social and Emotional Learning (SEL) skills practiced: Self awareness, awareness of surroundings, observational skills

Steps:

- Find a device free place in your natural world that you can visit easily and often. This can be your garden, a nearby park, or the drainage ditch close to your home.
- Invite your kids or students to find a comfortable place to sit still for at least 7 minutes.
- The goal of this activity is to create a connection to place. Try to get to know your sit spot very well, at different times of day, during different weather patterns.

The sit spot is one of the most powerful tools you can use to develop connection. In our active lives, it might feel strange to sit and do nothing for 7 minutes. However, giving our brains a chance to slow down and process the world around us is essential for healthy development.

Extension:

- Visit your spot over the course of a few days, a few weeks, or even months, and watch how it changes. See who the new visitors are, how the dandelion grows between the cracks. If you are able to develop a connection to one place it will become the basis of connection to the greater natural world for you and your family

Ask questions:

Help your kids and community connect to their sit spot by asking questions when they return. By sitting and listening to them talk about what they observed you can help them build curiosity and observational skills. Here are a list of great questions that you can use:

- Try to estimate how long you sat for. Did it feel longer or shorter than (x) minutes?
- What did you notice and wonder, did anything surprise you?
- What did you hear and smell?
- What was different today than the last time you were at your sit spot?

The sit spot is an essential part of any outdoor curriculum. Take a photo of your sit spot, and share it with us on [Facebook](#), [Instagram](#) using @cfimoab and #coyotescorner, or by email education@cfimoab.org

Happy distancing,

Canyonlands Field Institute

[Support Canyonlands Field Institute](#)

