



Day 2: Sit Spots

What is a sit spot?

A sit spot is pretty much exactly what it sounds like.... A special spot where you sit down and stay still for a few minutes to observe nature. A sit spot is YOUR spot. Each day that you check out your sit spot is a chance to observe nature and to see what changes are happening through the seasons.

It might sound boring to just sit.. but by being still, you open up a new world to your senses. You'll start to notice things like an ant slowly making its way across a stick, or a bird whose weird call sounds like "Cheeseburger!"

How do you do a sit spot?

OK, so you are ready to try a sit spot. There isn't one right way to do one, but we have lots of tips from years of leading them.



Where should I do a sit spot?

A sit spot can be anywhere outside that you can visit regularly. Close to nature is great but you don't have to be in the woods.

When should I do a sit spot?

There's no rule, but the more you can visit the sit spot, the more you will notice the changes that happen. Early morning and late afternoon are times when animals are more active!

How long should the sit spot be?

As long as you want. We recommend giving it at least 5 minutes. That gives you time to settle down and it gives animals time to get used to you.



What to do at your sit spot?

Well you could just sit and watch, but we know that it can be fun to have a challenge, so we have a number of ideas of things you can notice and look for. We call them **prompts**. [Grab your journal](#) and head to your sit spot. Here are some of our favorite prompts

- Draw what you can see from your spot.
- Pick a color. How many things can you find in that color?
- Pretend to be an animal and give a news report about what's happening outside.
- Make a list of the sounds you hear. Which one is the loudest? The quietest? The weirdest?

Need more ideas? [Check out this blog post](#)

Share your sit spot or your prompt with us on [Facebook](#)

Keep an eye out for future activities on the [Imago Ranger page](#).

Tomorrow's Theme: Nature Storytime with Ms. Sara at 10:30 am on our [Facebook Page](#)

Time to explore!

Chris Clements, Nature Dude