

Sit Spot

A sit spot is place to journal or draw and practice mindfulness.

Have your child(ren) find a special place in a natural setting. This can be at the base of a tree, sitting on a hill, or just creating a space in their backyard. This will be a place that they can visit on a regular basis (daily, weekly, monthly, seasonally).

Have them start out with some mindful breathing to calm their bodies and minds. Sit spots can be a mindful practice allowing your child(ren) to slow down and become aware of their surroundings, enabling them to engage with nature in an intimate way.

As they explore the area and observe what is around them, this allows them to see changes in their environment when they visit the next time. They can write or draw in a nature journal or just use their senses to gain more information about their spot (listening to animal sounds, observing their surroundings, touching different textures, smelling what's around them).

