

Create a Sit Spot

Scientists return to the same location over and over again, continually learning and noticing new details. You can do this too. Visit the same spot each day to observe your natural surroundings and the changes that take place over time.

Directions

1. Head outside with the listed materials to find a sit spot. Here are some qualities to look for in a sit spot:

Close to home so you
can visit it regularly,
easily, and safely.

Somewhere with few distractions so you can sit in your spot for a while.

2. Once you are seated, take a moment ~~time~~ you visit.

Date: April 21, 2020 12:58pm

Weather: Mostly sunny, light breeze, about 32°F.

Bird's-Eye View of Sit Spot



Materials

Journal, notebook, or paper

Pencil, pen, colored pencils,
watercolors, crayons, or
markers

Questions

What do you observe over time?

What birds do you hear?

What other creatures are

