



Campbell Creek Science Center

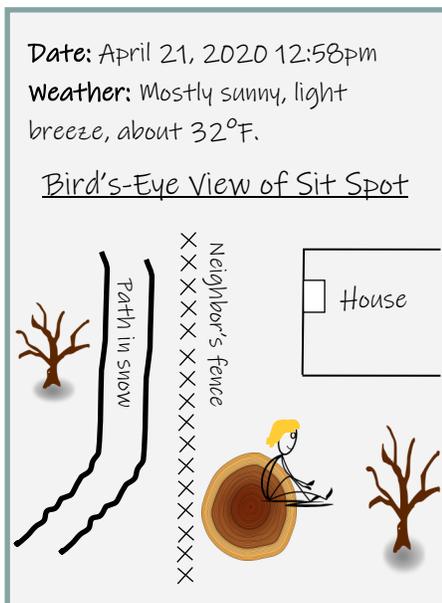
Create a Sit Spot

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 to get familiar with the area around you. What do you hear, smell, feel, and see?
3. Write down what you observe.
4. Draw a bird's-eye view of your sit spot including as much detail as you can. See the example above.
5. Try to visit this spot every day, or as frequently as possible, for 15-30 minutes. Record or draw new observations each time you visit.

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 there?
- What plants do you see?
- What is something new you learned from your sit spot?

View the Nature Journaling activity on our website for more ideas while visiting your sit spot!

