

Sit Spot Prompts and Activities

- » Where is your sit spot? Draw a map to show its location.
- » Listen closely to the different sounds – whether from humans or others like birds. How many different sounds do you hear? Where are they coming from? Can you identify any patterns?
- » Feel the plants, the soil, and air, noticing textures and temperatures.
- » Look closely at surfaces of bark, leaves, and the soil. What lives and is growing here? Do you see any signs of animal life? Don't forget to look for small creatures like spiders and insects.
- » Look at your spot & sketch or record what you see from different angles, like a bird's eye view and slug's eye view. Look up at the sky, look zoomed-in at the ground. What do you see? What colours, patterns, textures? What is moving? What is growing?
- » Be still and silent for one minute and observe changes. What moved nearby? What sounds arose? What did you feel (changes in temperature with a breeze or clouds moving across the sun).
- » Use tools to collect data about your sit spot and record in your journal using numbers, sketches, or words. If available, use air or soil thermometers to measure temperature. Measure the height of a plant or the width of a trunk or stem, the angle of a thorn.
- » Sit spot math. Make a tally and categorize what you find at your sit spot. Such as the number of leaves and their shapes, colours, and sizes, or number of flowers of different colours. Calculate percentages or use bar graphs or pie charts to share your data.
- » Consider how the sit spot might be different at a different time of day/night/season? Keep a journal to track seasonal changes at your sit spot.
- » Identify. What is growing at the sit spot? Use field guides or apps like SEEK or iNaturalist to help identify species. Learn more about the plants at the site, including if they are native or introduced.
- » Make a rubbing of tree bark or leaves using the edge of a crayon or pencil.
- » How do plants and animals at the sit spot sense and respond to the environment to survive? Consider factors like temperature, soil, moisture/rainfall, sunlight, as well as plant habitat for food and shelter.
- » What signs of animals are at the sit spot? Can you find holes, webs, tracks, nests, trails, leaves that have been munched, or other animal signs? Describe what you see or write a story about who you think was there and a day in their life at your sit spot.
- » What interactions between living and non-living things do you see? Look for fungi, moss, or lichens growing on top of bark; insects or spiders crawling in the soil or on plants, differences in plant growth in sunny or shady areas, water droplets on

plants.

- » Do you see any signs that there are invasive plants at the sit spot? Look for signs that a plant is dominating a site and taking over, such as growing in a thick mat or shading other plants out. Other possible clues that a plant may be invasive could include features that prevent herbivores from eating it (such as thorns or spines, hairy or thick leaves) and high reproductive rates (many flowers or seeds).
- » Write 10 words to describe something at your sit spot, then use these words in a paragraph or a poem about your sit spot.
- » Each time you visit your sit spot, describe any changes you notice since the last visit. How has it changed over time and how has it stayed the same? If possible, take a photograph of it each time you visit.