



ICHK

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Sit Spot



Blurb

This unit describes a habit you can build up for the rest of your life. It is about finding a space to sit and observe nature with all your senses.

Timeframe and Practicalities

You can do this for a few minutes to much longer periods and it will be rewarding whenever you choose to do it.

Outcomes

You will learn the sit spot technique and adapt it for your own use.

Content

Step one: Sit Spot

The idea of this activity is to spend a few minutes resetting your mental state to be receptive to the natural world, increasing awareness and experiencing the natural world more fully. Insects, birds and animals will slowly return to the area after being disturbed by noisy humans.

First you need to choose a place for the activity and below are a few tips.

Locations:

The following are good tips for choosing a place:

- **Water** - All life needs it! Wildlife will frequent spaces where there is water to drink.
- **Edge habitat** - This is where two types of landscapes meet i.e. forest meets field, meadow meets stream, thicket meets trees. Often in the edges there is a lot happening.
- **View** - It helps if you are able to see the lay of the land.
- **Cover** - Try to blend into the landscape a bit. Lean up against a rock or a tree.

Make it somewhere you can sit comfortably for a few minutes.

Step two: Tune-in

Begin by resetting your mood a little with a tune-in activity.

Try out 7-11 breathing- *count of 7 in and 11 out*. This keeps breathing slow and relaxing and helps change state to something calmer and more attentive.

Pick a place to look at or close your eyes.

Begin 90 seconds of silence and quiet breathing to tune-in to the environment.

As the 90 seconds are up, see if you can spot:

- Which way is the wind blowing?
- Where is the sun?
- What sounds are there in the area?

Build on these questions using all your senses and seeing what else you notice.

Step three: Noticing

Now that you are ready, set a timer for whatever time period suits you- perhaps start with 5 minutes if this is new to you.

The idea is to let the world around you present itself to you. You are not trying to suppress all other thoughts, but you are not letting them fill your mind- if other thoughts come up, just let them come and go.

This will get easier as you practice more and keep your senses attuned to the world around you will be simpler.

Step four: Recording your experiences

Work out what works for you to record what you are doing.

A nature journal that shows what you have noticed in different places could be a good way to notice patterns such as what birds are around in different seasons for example.

Maybe you would like to take a photo or draw a picture of each place you sit.

Or you can forget recording this altogether and just build your own practice.

Help & Submission

TEACHERS: use this space to tell students how they can get help and how to share work they want to celebrate and highlight.

If you find this helpful or have Flexible Learning suggestions, get in touch:

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