



Sit Spot





Learning Outcomes

- Develop curiosity, make observations, and ask questions about your community's environment
- Consider human impact on your community's environment
- Reflect on your own relationship to your environment





Agenda

- Think about the environment in your community
- Go outside and participate in a sit spot
- Reflection and discussion about the sit spot





Our Environment

What does “environment” mean?

For this exercise, we are going to categorize everything we see in our environment, or landscape, into three categories:

A - abiotic (not living, never was living)

B - biotic (living or was once living)

C - cultural (created or developed by humans)



Discussion

What biotic species have you noticed in our community?

- What are your favorites and why?
- **Where do you usually observe that species?**
- When do you usually observe that species?
- Why do you think that particular species likes to live here?
- Do you know of any biotic species that used to occur in this area but no longer do? Why might that be?

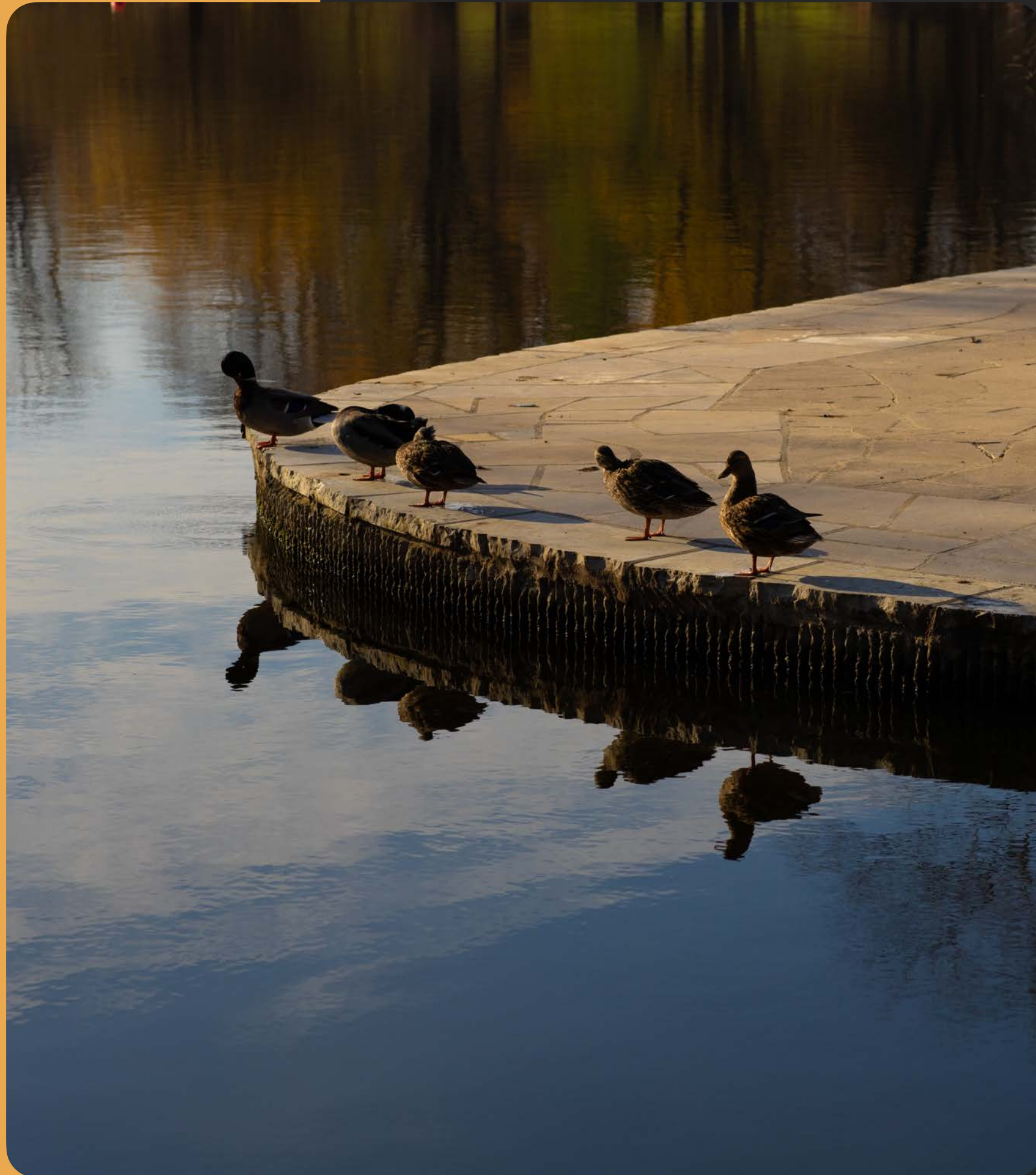
What have you noticed about the abiotic factors in your community?

- Why do you think the land is shaped the way it is in our community?
- Why do you think the climate is the way it is in our community?
- **How do you think the landscape impacts what type of plants and animals live in our community?**

What have you noticed about the cultural factors in your community?

- Have humans had a big impact on the environment here?
- **What is your relationship with the environment?**
- How do you think the landscape has changed in the last 300 years?
- **What is the history of this landscape? What kind of ecosystem used to exist here? Does it still exist here? How has it changed?**
- What is responsible for those changes?
- **What peoples are indigenous to this area?**





Sit Spot

You are going to participate in a ‘sit spot’. You will designate a location in a nearby outdoor space as your ‘sit spot’. It should be somewhere easily accessible to you (probably no more than a minute or two walk away).

Once you’ve chosen your ‘sit spot,’ you will take 10 minutes to sit there, undistracted, and note of things you observe. These observations could be about a plant or animal you see or hear, the human activity around you, the built environment around you, or simply something you notice about the landscape.

Observations can include all the senses: what you see, hear, touch, taste, or smell. During the ‘sit spot,’ you will document your observations, and following the ‘sit spot,’ we will come back inside and discuss what you experienced.





Sit Spot Instructions

- Walk out to a nearby outdoor space.
- Put away all of your electronics.
- Bring something to write with and write on.
- Select a spot that will serve as your ‘sit spot’
- Try to have your own private area, this is an individual activity.
- For 10 minutes simply observe your surroundings.
- Document your observations.



Reflection and Discussion

- **What plants or animals did you observe?**
- **How has the presence of human development negatively impacted the environment?**
- **How has the presence of human development positively impacted the environment?**
- What actions could we as humans take to impact this environment positively?
- **If you took the perspective of a bird, squirrel, or insect, what would your opinion of this environment be? What do you like about it? What don't you like about it?**
- **How do abiotic, biotic, and cultural components interact with each other?**
- How do you think this activity might be different if we were in a different community or environment (for example, a more urban setting, a more rural setting, in a different neighborhood in your city, etc.)
- What do you think the abiotic and biotic communities looked like before modern society developed this area?
- What are the benefits of human development in this area to you?
- What are the negative aspects of human development in this area?
- What parts of this landscape are part of our food system? For example, are there farms around? Grocery stores?
- Where does our food come from?
- Did you notice trash, garbage, or other material waste in this landscape?
- Where does the trash, garbage, or material waste people produce in this area go?

