



Sit Spot





Learning Outcomes

- Develop curiosity, make observations, and ask questions about the local environment
- Consider human impact on the local environment
- Brainstorm ways to positively impact the local environment with a sustainability project





Agenda

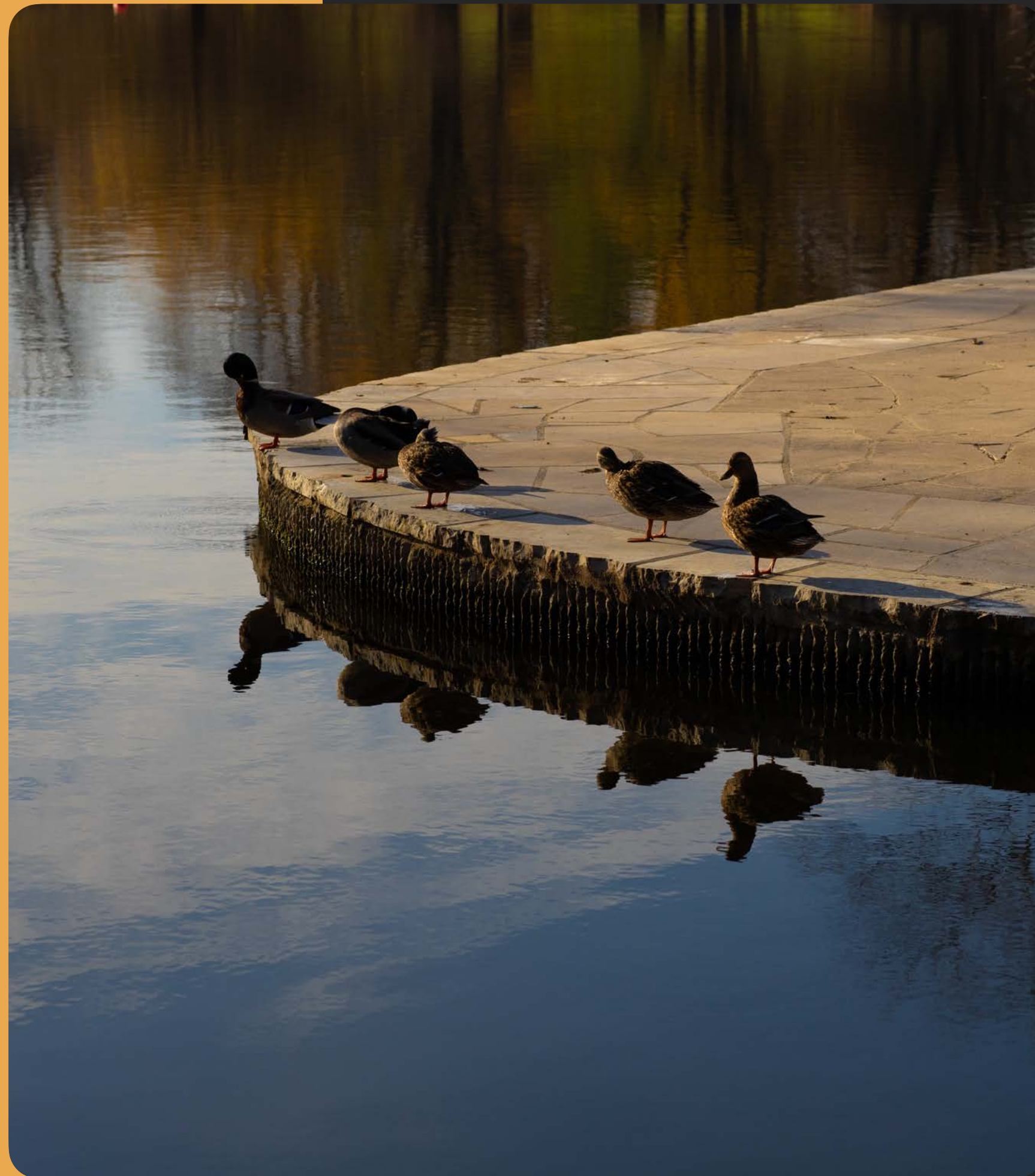
- Discussion about our community's local environment
- Go outside and participate in a sit spot
- Reflection and thinking forward about a project



Discussion

- What biotic species have you noticed in our community?
- Where do you usually observe that species?
- What have you noticed about the abiotic factors 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 our community?
- What is your relationship with the environment?
- 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 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 to take 5 minutes to sit there, undistracted, and note the 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.

Document your observations in the worksheet, 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 the worksheet and something to write with.
- Select a spot that will serve as your ‘sit spot’
- Try to have your own private area, this is an individual activity.
- For 5 minutes simply observe your surroundings.
- Document your observations.



Reflection

- **What did you observe?**
- **How has human development impacted the environment?**



Project

- What is important to you?
- What are some areas of need in this community?
- What actions could we take as a group to create a positive impact in our community and for our environment?

