



Sit Spot Journal

How to do a sit spot: Find a place outdoors that you can go to by yourself with your parent/guardian's permission. The place should be easy to get to and comfortable. Spend 15-20 minutes just observing nature using all of your senses. (Senses include smell, touch, taste, hearing, and vision). Try going back to your same spot every week – or try going at different times of day or in different weather – to see how things change. Then, fill in this form to record your observations.

Which senses did you use the most at your sit spot today?

What did you notice about the land and/or water? (Smells, texture, wet/dry, frozen, warm/cold, etc.)

What did you notice about the wind or weather? (Wind direction, rain, dew, snow/ice, humidity, puddles, cloudy or clear, cloud description, etc.)



What did you notice about plants, trees, or mushrooms? (New growth, dying back/wilting, flowers, insect infestation, animal feeding signs, leaves falling, etc.)

What did you notice about the birds, bugs, or other animals? (Live sightings, scats/signs/tracks, sounds or songs, description of what you saw, etc.)

What else did you observe?

