



Teacher's Guide

# Sit Spot

Sit Spot is still, quiet and alone.

Find one place in nature that you visit every day and get to know it as your best friend. Sit alone and quietly there.

Create time for your Sit Spot – anything from a moment of silence, to a regular five minute sit, to an hour outside. Grow a habit of taking time out to be quiet and still in nature.

Sit Spot can be a place where you learn to be still and invisible with all your senses alert. Somewhere you can ‘lose your mind and come to your senses’.

With a little patience and an empty mind, you can tune into the ongoing conversations between species. Notice how these conversations change through the day and the seasons. If you sit still, the animals will come to you and connect with you.



# Story of the day

Story of the day is recalling vividly.

Tell the story of what happened when you were in your Sit Spot; with a drawing, a map, a written story or to someone who will listen

The best way of all is to tell your story with others. Maybe a story circle as an end of day routine? Invite everyone's voice. Show and tell all the vivid stories.

What happened today? What was funny? What was awesome? What was hard? Did you notice any patterns?

Use your whole body to act out your story. Show what you found.

Children love sharing their excitement and wonder.

Saying it out loud, with others, echoes long afterwards in a child's memory. A teacher's listening and questioning can draw out experiences that otherwise might easily have been forgotten. A peer groups respectful attentiveness and applause (maybe let children choose animal sounds as their applause) lifts a child's heart and courage.

Sit Spot & Story video: <https://vimeo.com/500616085>

For more activities to get your class connected with nature check out our free Wild Challenge resources here [www.rspb.org.uk/wildchallenge](http://www.rspb.org.uk/wildchallenge)



Supporting resource

# Sit Spot

**Some ideas to get yourself ready for your Sit Spot.**

Try putting on an 'Invisibility Cloak' before you go out.



## Owl eyes

Imagine your eyes are so big they can't move in their sockets, you have to use your peripheral vision. Practice by focussing on one thing straight ahead - then describe the other things surrounding it without moving your eyeballs or turning your head.

## Mouse ears

Your mouse ears can swivel to pick up sounds from all directions. Try 'sending' your hearing out in one direction and picking up the quietest sound you can hear in the distance. Or try to 'hear' the silences between sounds.



## Hedgehog nose

Your hedgehog nose can smell anything carried on the wind or on rising air. Try noticing the smell of your own clothes and then 'choose' to smell something behind or beyond that smell

## Squirrel skills

Tune into the feeling of proprioception and touch. Adjust your whole body to receive the information from all of your skin. How do your feet feel in your shoes? Can you feel the ground beneath you? The wind on your cheek? Can you tune into your gut feeling? Use your whole body to sense what is going on around you.



**Tip:** You'll know you are invisible when the birds don't alarm call or go quiet.

**Please follow all current COVID-19 government guidance for your area.**