



# Sit Spot & Story

## You will need

- Bird food
- A 'sit spot'
- A story from your day

- 1** Feed the birds every day using seeds, fatballs, nuts, sunflower hearts
- 2** Choose a special place close to where you feed the birds, where you can sit quietly and watch them
- 3** Spend time in this 'sit spot' every day and notice what happens.
- 4** Tell your 'story of the day' to someone who will listen or draw or make a video of what happened.



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