

Sit Spot



GET OUTSIDE AND OBSERVE



WHAT IS A SIT SPOT?

First off, what is a Sit, Spot?

A Sit, Spot is simply sitting down with plenty of personal space. You will take time out from chatting with friends or family, or listening to music, or looking at your phone. If you are out with other people, explain what a Sit Spot is and invite them to find their own special Sit Spot.



Take 5 deep breaths and calm yourself so you can connect with the nature that is around you. Challenge yourself to sit quietly for 20 minutes and really use your sense of hearing, smell, and sight.



You will be amazed by all the things you might have missed if you were otherwise distracted.

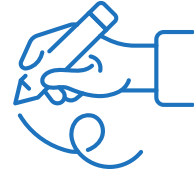
While you can definitely do a Sit, Spot while out hiking in one of our many parks, did you also know you can do a Sit, Spot from anywhere? You can do a Sit Spot in your back or front yard, a local park, or even do it from a window at your home or sitting waiting for the bus!



Check out [this awesome video](#) from Wild Earth in New York City and set up your Sit Spot with Jonathan.

HANDS ON ACTIVITY

Now, grab a piece of blank paper and a coloring utensil, open up the "[Hands On Activity](#)" for this lesson with Kami, or print it at home. After you are done, think about the things you heard, smelled, and saw.



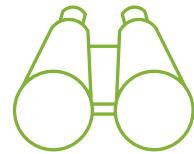
Maybe you are a writer and feel inspired to write a poem or short story. Start brainstorming by making a mind map with describing or sound words.

Perhaps you are a scientist and you want to jot down observations, questions, or a map in a Nature Journal.



Or maybe you are an artist and you want to draw or paint what you saw or felt.

Whatever you choose to do after your Sit Spot, reflect on your feelings and share them with your family. You are on your way to becoming a Junior Naturalist!



How do I do the Hands On Activity online?



You can use the Chrome [extension Kami](#) to complete your YIN activities on your phone or computer! Check out [this video](#) to learn more about Kami.

If you are using a computer, just add the Kami extension to your Chrome and open the "Hands On Activity" with the link below or from the lessons page.

If you are on a phone or tablet, make sure you have the [Chrome](#) and [Drive](#) apps installed and save the "Hands On Activity" to your Drive.

Visit the Kami web viewer and open the activity in your Drive folder.

If you want to print your activity and lesson guide at home, visit the "Hands On Activity" link to find a printable copy of the entire lesson.

NATURE NEAR YOU



Try returning to your Sit Spot at different times of the day, evening, month, or season of the year. How is it different? Just the act of sitting and focusing on nature can be a calming time out of your busy day.

Livermore and the Tri-Valley have a variety of parks, open spaces and trails that anyone can enjoy.

Check out [TVC's online brochure](#) with your parent or guardian and identify natural spaces near you.

Here you can find trails in Sycamore Grove, Holdener Park, Brushy Peak, and Lake Del Valle, as well as trails near Pleasanton and Dublin. Some trails are flat and paved, some are more hilly and strenuous, but all are beautiful and unique in their own ways.

For an extra special challenge, pick a hike with your parent or guardian and plan an adventure. Then, let us know how it goes!

Here are some tips here for how to stay safe while hiking during COVID-19.

