



Anchor or Sit Spot

An Anchor or Sit Spot is a place where you visit to spend some time in nature and explore with all of your senses.

WHAT YOU'LL NEED

- Nothing, except a place to sit
- Field guides, a journal, and binoculars if you have them

INSTRUCTIONS

1. Locate an outdoor area that is close to either where you live, work, or visit frequently.
2. Find a spot where you can sit comfortably.
3. When you get to your spot, take a few deep breaths to relax.
4. Practice using your senses -- sight, sound, touch, and smell to experience your spot.
5. If you have a journal, record what you see or experience at your spot.
6. Sit for at least 5 minutes, more if you can.
7. Visit in different weather, seasons, times of day - nature is always changing.

