

FRDC@HOME: Intro to Sit Spots

Summary

What is a Sit Spot?

- A Sit Spot is a spot where you sit and make observations about the natural world. You return to your Sit Spot often, to learn more about this spot over time.

How do you pick your Sit Spot?

- It should be super close to your home and easy to get to
- It should have something natural to observe. Remember, urban locations still have nature.
- It should be a place where you can be alone. There may be people around, but you are able to sit quietly and not interact with them. This includes if you go with a grown up.
- It must be SAFE. Safe from other people, safe from intense weather, safe from feeling too observed or self conscious. SAFE.
- It should be a place you find interesting!

What do you need to bring to your Sit Spot?

- You need:
 - Something to record your observations (like a notebook or a clipboard)
 - Something to write with
- What other things might be useful at your Sit Spot?
 - Plastic bag to put over paper to keep dry, Ziplock bags work great for this
 - Voice recorder for notes
 - Camera / phone
 - Magnifying glass
 - ID books
 - Small bag for collecting small objects, ethically

- Comfort items

- In the winter, warm clothes. In the summer, a hat and sunscreen.
- Something dry to sit on (garbage bag, rain pants, camping chair)
- Beverage (warm in winter, cool in summer), snacks

What to do at your Sit Spot?

- Every time you go to your Sit Spot, the first thing you should write down is the date, the time, and the weather.
- The very first time you go to your sit spot, I suggest spending time just sitting quietly, and getting to know your spot. Make a list of what you see, or draw a picture.
- Come back to your Sit Spot often! Even if just for a few minutes at a time.