

# Sit Spot

WHAT'S THE  
**Big Idea?**  
Change over  
Time

## Enduring Understandings

- Change is always happening, but may not be seen as it occurs.
- Change occurs at different rates and on different scales (it can happen fast or slow; it can be a big change or a little change), you have to be observant to notice.
- By comparing the past to the present we can detect change.
- Returning to the same location on a series of occasions gives us the opportunity to witness change over time.

## Objectives

- Children discover what's happening as they cultivate their observation skills.
- Children show interest and curiosity in changes happening all around them.
- Children become aware of changes in their community, natural and built.

## Directions

It can be helpful for children to develop their “owl eyes” (p.131) prior to beginning this experience.

1. Explain that today children will be finding a special spot that will be their “Sit Spot.” They will have a chance to visit their sit spot many times. While they are in their sit spot, their job is to quietly sit still as they use their “owl eyes” to notice everything they see, hear, and feel. Sometimes they will stay at their sit spot for only a couple of minutes, other times they will be there longer. Set any guidelines for choosing a sit spot, such as safety considerations, ability to see a teacher, etc.
2. Go outside to your sit spot area and encourage children to pick a spot. Ask them to sit silently and use their “owl eyes” to observe what's happening. Build children's capacity for sit spots by starting with a minute or two and eventually progressing to longer sits.
3. Gather the group together and process and reflect on the experience with the children by engaging in a conversation guided by the discussion questions.
4. Repeat the “Sit Spot” practice regularly.

## Discussion Questions

- What did you notice? What did you see? Hear? Smell? Feel?
- What's happening?
- What has changed since the last time you visited your sit spot? What is the same?
- What are you wondering?

WHAT'S HAPPENING?

EVERY SEASON



## Materials

outdoor space with enough places for children to spread out and find a spot where they are still visible for supervision

## Extensions

- Let children bring a journal to their sit spot to record their observations. Share their journaling when you debrief.
- Change the focus of the sit spot from external to internal attention. Ask children to go to their sit spot and close their eyes while they pay attention to their breath as it enters and leaves their body.
- Could the children take turns using the class camera to take photos of their spot to record changes. Use photos in a book about their sit spot or a class book about the various sit spots.