



# The Sit Spot

To... Give ourselves space for noticing our thoughts and emotions.

Support our mental well-being

Connect with beauty and joy on our doorstep

Get to know the wildlife close to our home

Explore our innate belonging in nature

Learn from the rest of the natural world - it has lots to teach us about life...

Practice alone or with others and adapt the exercise as you wish!

## Where?

Anywhere (In a park, in your garden, in "wild nature") - ideally close to home!

## When?

Ideally daily, at any time of day (dawn and dusk will often mean more wildlife!)

For 20-40 mins (it takes 20 minutes for nature to "settle" after disturbance)

## How? With awareness, humility & respect...

Did you know that our attitude in nature matters? We're never just "observers", we live in an interconnected world. We participate fully in life. How we move, our mood, our energy, our action (or inaction) is felt by the world...With mindful awareness, intimate encounters with wildlife are more likely!

Be still and silent.  
Relax your body. Let go of 'goals'. You aren't trying to spot anything, you're simply paying attention with your senses.

Be curious  
and have fun!

Be patient and kind: your mind will wander lots and that's natural. It's no problem, notice the thoughts and come back to the exercise.

Practice!  
If you fall out of practice - that's no problem, Just begin again!



Set intention



Set an intention to let go of the mind's narratives and engage your senses and direct experience. Take a journal to make notes at the end. Leave your phone behind and set a timer for 20-40 mins (or use your phone on airplane mode).

Walk like a  
fox



As you walk to your Sit Spot, stay present. Take softer, shorter steps, gliding quietly. Don't lean forwards, take in everything around you on your way.

Arrive &  
Allow



Take time to settle. Close your eyes. Notice the physical sensations of your breathing. Notice your thoughts. Notice how you feel. Allow it all - whatever comes up. There's no right or wrong way to feel.

Watch like  
an owl



Pick a point of focus. Without moving your eyeballs, notice what you see in your peripheral vision. Turn your head, pick another focus and re-engage your peripheral vision. This is a way to feel "immersed in" the landscape instead of "looking at" it. Notice colours, shapes and movement.

Listen like a  
deer



Close your eyes and notice sounds. Notice the silence between sounds and sounds within sounds. Be curious about the quality of the sounds and your direct experience of them. Listen to the farthest sound you can hear ahead of you, behind you, to your right, to your left, below you.

Touch like a  
raccoon



Explore the ground and the textures around you with your fingers. Take your shoes off. Notice what you can feel in your body and on your skin. Feel into your points of contact with the ground. Feel the support of gravity and relax into that.

Sniff like a  
badger



Take a couple of deeper breaths in through the nose. Notice the scents and smells in the air. Smell the plants and flowers around you.

Meet the  
wildlife!



What wildlife can you see? Can you recognise any individuals? What birds? insects? Plants? How are they behaving? Do they change? Why?

Remember  
you belong



Explore a sense of belonging and participation. You aren't just an observer, you ARE nature - made of exactly the same stuff as the rest of the natural world and are related to all living things! You are integrally part of it. How do you feel about this? Is there a sense of comfort in this fact?

Explore  
change...



The only constant in life is change... How is each Sit Spot different? How do your mood, thoughts, emotions change each day? How does that influence your experience of the place? How does the wildlife change? Be curious!