

Sunday Explorers

WEEK THREE: Create Your Own Sit Spot

What is a Sit Spot?

A sit spot is a special place outdoors where you can spend a few quiet minutes noticing the world around you.

- **Your garden**
- **A local park**
- **A balcony**
- **Under a favourite tree**
- **A quiet corner of green space**

Try to visit the same spot several times over the summer and see how it changes.



How To Create Your Sit Spot

Find somewhere comfortable to sit.
You might like to bring:

A cushion



A notebook



A blanket



A drink of water

Become a Nature Observer

Using your senses
can you notice:

👁️ Something moving

💡 A sound you've never heard before

🌿 An interesting smell

☀️ Something warm from the sunshine

🍂 Something with an unusual texture

Visit your sit spot three times this week.
What changes each time?
Can you notice:

Different sounds?

Different animals?

Different weather?

Different colours?



Take a Mindful Moment

Sit quietly for one minute.

Take three slow breaths.

Listen carefully to the sounds around you.

What makes this place feel calm?

Become a Nature Detective!

You've found a special place to connect with nature — now why not help scientists understand it too?

Citizen science projects invite people just like you to record wildlife, plants and insects they see every day. The observations you make from your sit spot could help researchers learn more about nature in your local area.

Contribute to real science by visiting our Citizens' Science webpage to tell us about the nature you have seen, or the things you have done to care for nature.

Click here to take part!



A GREAT PLACE
TO *Grow up*

Letchworth
Garden City
Heritage Foundation