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(your name)

## Tree Exploration Journal



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## Sit spot

A sit spot is an activity for people, kids and adults alike, to sit (or stand still) to observe what is around them silently. For this particular sit spot, help your child find a tree or encourage them to find one on their own.

This can be in your yard, a park, one at Merry Lea, or anywhere really! This is independent time, so it is for the child to explore by themselves. As an adult, we would love to teach and show them things, but there is value learning on one's own by observing. You can encourage them to try sitting for two minutes quietly in the beginning, or sit with them by modeling how a sit spot can look.

This journal is a template that your child may use after or during a sit spot! There are pages for bark and leaf rubbings, some writing and drawing prompts, and a page for soil smears, as shown or described in the video.

Examples of appropriate behavior during a sit spot include:

1. Picking up leaves, sticks, or nearby objects.
2. Lying on one's back or belly
3. Balancing objects on another
4. Threading leaves onto a stick or pencil
5. Digging in soil
6. Re-adjusting and moving within immediate spot
7. Creating sculptures, artwork, patterns

Bark Rubbing

Leaf Rubbing

## Tree Exploration Writings

1. What is the weather like today?
  
2. Looking, hearing, smelling, and touching all around, what do you notice, or observe?
  
  
  
  
  
  
  
  
  
  
3. Take time exploring a natural object.
  - a. What does it remind you of?
  
  
  
  
  
  
  
  
  
  
  - b. What sort of things can you use it for?
  
  
  
  
  
  
  
  
  
  
  - c. How would you play with it?

