



Mountains to Sound Greenway Trust

Next Generation Stewards

Sit Spot: Focus on the Sun

Practice thinking of the area where you live as an ecosystem. Whether you live in a cabin in the middle of the woods or in an apartment in the city, you live in an ecosystem. We want to get to know the ecosystems where we live, and one of the best ways to do that is with a sit spot. A **sit spot** is a place where you can sit and observe nature. This could be in your yard or a park near your home, or even looking out your window. Watch the full video: [Next Generation Stewards: Light](#).

Materials:

- Piece of paper or a sit spot journal and something to write/draw with

How to do a sit spot:

- Sit and watch. Pay attention to what's happening around you. Look at the clouds, flowers, bugs, trees, etc. Try not to bring anything with you so you won't be distracted.
- Visit your sit spot often and try to spend at least 15 minutes there each time.
- Afterward, write your notes or make sketches in a sit spot journal. Be creative in how you record your observations.

For this first sit spot, pay attention to the **sun**:

- 1) Go to your sit spot early in the morning. Look for the sun in the sky. Is it off to the left or right? Is it high or low in the sky?
- 2) On a piece of paper, make a simple map to record the sun's location. For example, if it was off to the left and low in the sky, draw the sun in the bottom left corner.
- 3) Come back to your sit spot every couple of hours to check how the sun has moved. Each time add to your sun map, labeling each recording with the time.
- 4) Use your completed sun map is complete to figure out east and west. The sun rises in the east and sets in the west, so its location early in the morning is close to east and at the end of the day is close to west. From there, you can find north and south by looking at a compass rose.
- 5) If you can't do all this in one day, that's okay! Visit your sit spot at different times throughout the week and add to your sun map each time.

