



Quarrybrook

EXPERIENTIAL EDUCATION CENTER

Program Title: **Sit Spots**

Audience: All Grades, pre-K through 12th

Program Theme: Sitting quietly in the forest allows our senses to heighten and to focus on making observations of our surroundings. When we turn our voices off, we are turning our eyes and ears on. This calming, exploratory exercise brings awareness of the details in our new environment. (Ideal time for this lesson is late spring and late summer.)

Program Goals: Students will build observation skills. Students will gain awareness of their surroundings and record their observations in the form of words or sketches.

Program Outline:

SIT SPOT HIKE (60-90 min.) – Quarrybrook instructors will lead students on a hike, stopping at different spots for observation, depending on their age and group size. Students will have Sit Spot pads to sit on, and field notebooks, pencils, and colored pencils for recording their field observations.



Teachers can be very helpful in assisting students with following directions and focusing on the activity.

Objectives: Students will make observations in one or more areas of the forest at Quarrybrook, while sitting quietly. Students will record their observations in the form of words or sketches.

Conclusion/Wrap-up: (30 min.) Students will be split into groups of four or five. Students will take turns sharing their favorite and exciting observations made at their Sit Spots. We will then come back together and share some of our observations as a whole group.

Intended Outcomes: The measure for this lesson will be the observations recorded by students and their ability to quietly observe from their Sit Spots. The measure will continue in the Conclusion, when students take turns sharing their field observations.