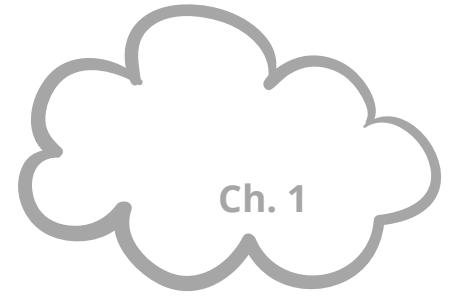


Sit Spot Lesson Plan



Ch. 1

Learning Objective: Students will learn to observe what is going on in their environment

Materials Required:

- Safe outdoor space
- Something to sit on (optional)
- Journal (optional)

Duration:

This activity can take anywhere from **10 minutes to an hour**. Participants can build length over time if capable.

Method:

- **Introduction:** Explain the process of a sit spot to participants. Highlight the benefits and unique opportunities they will receive by remaining as still as possible.
- **Foundation:** Bring participants to a safe outdoor space and have them choose a spot they find comfortable and peaceful, ideally a respectful distance from any of their peers.
- **Experience:** Give participants 10 to 45 minutes (start low and build up) to sit and experience what happens around them. You may want to prompt participants by asking them to make a mental note of 5 separate sounds, smells, sights, etc.
- **Individual Reflection (optional):** Ask participants to record what they experienced both internally and externally during the activity; any difficulties or distractions they experienced, and any major moments that stood out.

Debrief Questions:

- Was there anything that you heard that was close enough to touch?
- Did you notice anything about yourself and your own abilities that surprised you during the activity?
- Personalize your debrief with your own thought provoking questions

