

Sit Spot Resource

What is a Sit Spot?

A place in nature you can visit regularly to sit, notice and understand nature around you. This is a great process to become familiar with our environment, learn from nature and feel relaxed.

Choose a Sit Spot Location

- Somewhere in nature that you can visit often
- In your backyard or close to your home
- A place with shade and habitat for animals
- Somewhere safe where you can relax

What to do?

1. Get comfortable
2. Turn off your devices
3. Sit still and learn about the environment around you!
4. Spend 20 - 40 minutes

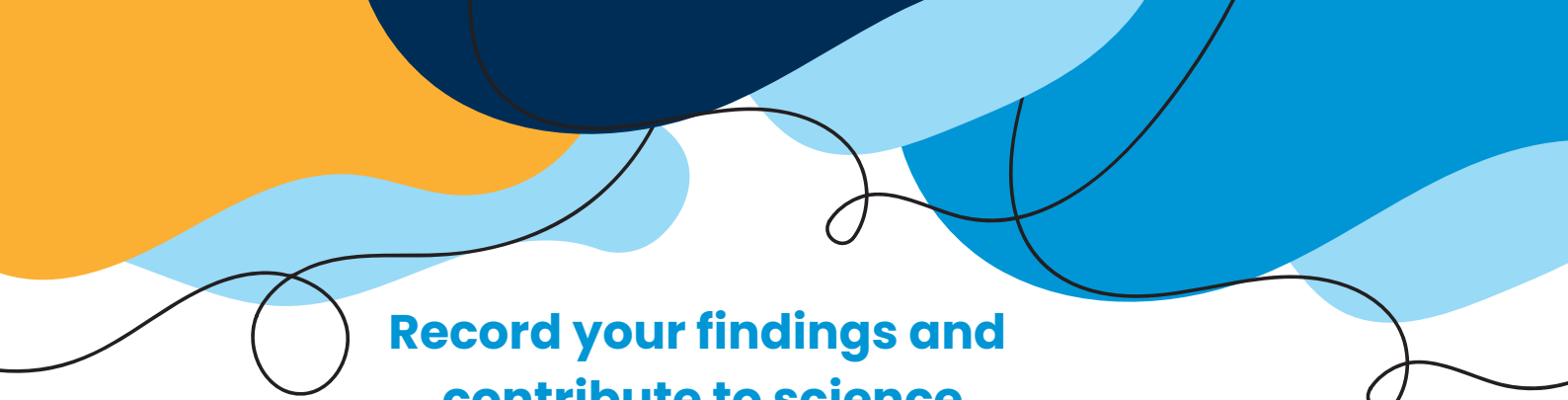
Note it can take 20 minutes for nature around us to relax after your arrival

5. Let Nature be the teacher



Extra tips:

- Visit this place regularly, every week or every day if you can
- Visit this place at different times of the day
- Visit this place during different seasons throughout the year
- Visit this place in rain, hail or shine
- Take a notebook, journal or sketchbook
- Record your findings while you're there



Record your findings and contribute to science

Whether it be Platypus spotting on Platy-Project, Bird Survey on Birdata, Frog calls on Frog ID, Turtle sightings on TurtleSAT, Bogong Moths on the Bogong Moth Tracker, or plants and unusual sightings on iNaturalist

Journal

Write or draw or scribble. Observe, notice and record what you **see, hear, smell, taste, touch, and feel.**

Be curious and ask yourself questions; I wonder..., why is this the way it is? how could I positively impact this situation? what can I do now? and what support do I need?

Do stuff that matters

Stewardship

- Help a turtle cross the road
- Collect or Report dumped rubbish on *Snap Send, Solve*
- Plant native plants in your garden or at a community planting day
- Talk about your love for nature and nature experiences with everyone you meet

Participate in community volunteer events or organise your own! Such as:

Weeding Wednesday – SMULG
Clean Up Australia Day – March
National Tree Day – July
Platy-Project – August / Sept
Aussie Bird Count – October
Frog ID Week – November

Keep in touch with us to share what you get up to and continue learning new things

FB Group: RiverConnect – Greater Shepparton | IG: @riverconnect
Find out more: www.riverconnect.com.au

