

Sit-Spots: Wellness as Learning

What is a “Sit-Spot”?

A sit-spot is a comfortable place that allows for careful observation, stillness, and reflection. The most powerful learning occurs when a person can re-visit the same sit-spot several times.

A sit-spot can be in your back yard, local park, or along the Meewasin Trail. If possible, it is worthwhile to explore one of Meewasin’s sites or the City of Saskatoon’s [naturalized parks](#) to find a spot.

Gradual Release of Responsibility

- Sit with a parent (establish norms for quiet)
- Sit in vicinity of parent, visually alone
- Parent drops student off, and picks them up
- Agree on a meeting spot/time, walk to spot independently
- Travel to and from sit-spot independently (bike or bus)

Progression

Week 1: Find a spot

Week 2: 15 min

Week 3: 20 min

Week 4: 30 min

Week 5: 45 min

Week 6: 60 min

What Can We Do in Our Sit-Spots?

- Reading
- Journaling (see nature journals)
- Mapping
- Scientific observation; deep seeing, counting, measuring, graphing
- Guided meditations
- Quiet reflection
- Photos/sketching

Getting Started

- Co-create expectations for your sit-spot time. Draw on ideas from [leave no trace](#), students’ cultural teachings, or existing classroom rules that can be extended to natural spaces.
- Create a routine with a specific timeframe, a prompt or assignment, and some time for unstructured observation/reflection.
- Plan for Comfort:
 - Bring something comfy to sit on like a [sit-upon](#).
 - Pack a bag with snacks, water, and [appropriate clothing](#).
 - Offer a gradual release of responsibility to ensure that students feel secure.