

Sit Spots



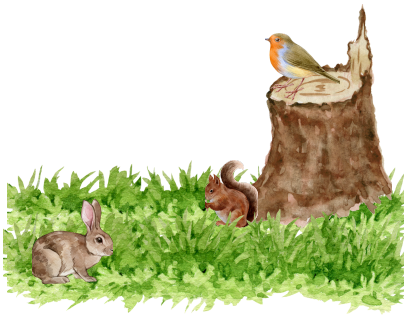
Cornwall
Wildlife Trust

What is a Sit Spot?

A sit spot is simply a place to go and sit in nature they have been used for many years by many different people. If you return to the same spot you will notice how it changes through the seasons and at different times of day. Over time your connection to the place and the nature you notice will grow.



Why should I do a Sit Spot?



Connecting with nature can benefit our wellbeing but our presence can change wildlife behaviour. For example, often the bird song we hear are alarm calls. By spending time being still and quiet we have a wonderful opportunity to fade into the background and notice more.

How I do a Sit Spot?

- **Pick your spot** Find somewhere in nature; this could be a garden or park. It could even be your doorstep or by an open window. It is recommended that this is somewhere you can easily get to so that you can come back to it regularly.
- **Sit quietly and as still as you can.** It can take 30 minutes for wildlife to begin to relax in your presence. Why not start with 5 and build up? If you would prefer structure you could start by tuning into each of your senses in the space and recording what you feel.

