



Sit Spot

The Sit Spot is a key part of a personal connection journey to nature. In essence it is a place in nature where you go on a regular basis and be there. Ideally it's easily accessible from your home and is somewhere you can get to any time of day or night, through the seasons and you can go and observe the changes over time in this place.

Primer

The more you go to your sit spot, the more the birds and animals and beings of that place will grow accustomed to you being there. After about 20 minutes of you being in stillness in your sit spot, the birds and other animals will drop back into their baseline behaviour of feeding, companion calling etc. Through experiencing this, you will start dropping into that place on a deeper level. If you're going to bring the practice of a sit spot to the groups you're working with, we feel it's really important that you have your own sit spot practice established to draw upon.

Duration

As an adult - the ideal is a minimum of 20 minutes, but whatever is easily achievable to do regularly, ideally daily. It can be more achievable to add this into your daily routine by taking your morning cup of tea or breakfast to your sit spot.

Finding Your Sit Spot

It can be a journey to find the perfect sit spot...

It is often appealing to choose somewhere that feels idyllic, but if this place is a 10 minute journey away, you're probably not going to get there that often. The key is for your sit spot to be really accessible. The closer to your home the better. There is nature to get to know everywhere, so we recommend you making your sit spot as easy to get to as possible so you go there frequently and can observe the changes in nature through the seasons.

You can always have a secondary sit spot that you don't get to as frequently that does feel more of an idyllic place to sit in nature.

Journey to Your Sit Spot

It's helpful to have a threshold moment on your way to your sit spot, perhaps a doorway or a particular tree that reminds you to pause for a moment, perhaps to take a breath and move into owl eyes and fox walking for the last little bit of the journey to your sit spot. Bringing this

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mindfulness can help with arriving in a more peaceful way which will also disturb the wildlife around less.

Your Sit Spot - What is it?

It's a keystone core routine for nature connection. It's a lot of things...

It's a place to be alone often, a place to experience nature, to overcome fears of the dark, of discomfort, of insects... Through going there regularly and noticing the changes occurring around you, you start to develop your cords of connection with the species in that place.

And, perhaps more often, it might be you sit with a busy mind, wishing you were somewhere else thinking there's nothing happening. In these moments, that's where the rich potential lies. The more committed you are to going regularly, the more the connection with that place grows.

There are some focal points you can give yourself to help with feeling more engaged with the practise as well. Check out the related video on introducing the sit spot to children for some of these ideas, or check out the Kamana Naturalist Programme developed by Jon Young to take a deeper dive into this practice.

There is a lot more to say about the sit spot, but we'll leave this introduction to it there.

Links

- [Introducing Sit Spot to Children](#)
- [Owl Eyes](#)
- [Fox Walking](#)
- [Deer Ears](#)
- [Naturalist journey](#)

Tags

- Connection to place, core routines, nature awareness, senses, mindfulness

