



# Carbin's Sit Spot Practice



10 MINUTES



OUTSIDE



LOW ACTIVITY

Creating a sit spot is a classic outdoor mindfulness practice that can be done almost anywhere and at any time. This exercise builds an individual's relationship with nature, observation skills, and focus.

The benefits of this practice increase with regular, consistent use. Instead of "tuning out", a sit spot practice invites participants to tune inwards, towards our bodily feelings and emotions, and outwardly, to what is happening in the world around us.

"Let me keep my mind on  
what matters,  
which is my work,  
which is mostly standing still  
and learning to be  
astonished."

– **Mary Oliver**

- Take a walk around somewhere safe and accessible to you. Find a spot that speaks to you or your curiosity.
- Settle in and take 10 minutes to notice what is happening around you.
  - How does your breath feel? The sun on your skin? How does your body feel on the earth?
  - What plants do you see? Animals? How are they moving?
  - Do you hear the wind? Birds? Insects? Could you describe the sounds they make?

Try to work up to longer and longer sessions of time. Could you stay in your sit spot for 20 or 30 minutes? If sitting for long is a challenge, what would a walking "sit spot" look like for you?

### ADJUSTMENTS

- If this is a classroom exercise, make sure students are far enough away from each other and out of sight from distractions. For young learners, start off with one minute and build up to 5 minutes and 10 minutes. The self-discipline needed for a sit spot practice can be difficult to cultivate at any age, so it's important to create a scaffold that sets them up for success.
- Some individuals do better with a piece of paper to write or draw their observations or how they're feeling. Adding prompts like "I can see \_\_\_\_\_", "I hear \_\_\_\_\_", "I feel \_\_\_\_\_" can be useful encouragement to focus (or refocus) on our senses and how they relate to our understanding or emotions.
- If practicing as a group, have a discussion afterward! Frequently we don't know what we don't know, and hearing how and what others observe may help our own practice AND inspire curiosity and group knowledge of their space, season, or pattern.