

Sit Spot Activity - Teacher Notes

Supporting students to have an authentic relationship with the land can start with a “Sit Spot.” A sit spot is a highly impactful ongoing seasonal activity that can be implemented at all levels and in all seasons and environments within Alberta. Whether in rural or urban areas, all schools have land around them. While the land may be expansive and natural around some schools, and limited and man-made around others, there is value in having students outside working to create a relationship with the land upon which they walk. Students will require weather appropriate clothing to enjoy their sit-spot and, if available, something to place on the ground to sit on, such as a blanket or piece of carpet.

Starting In a Good Way/Weaving Knowledge-10 mins

Outside, in a talking/story circle the teacher will prompt the student to his left to share what living or non-living things outside make them feel good to see, hear or touch. After the teacher’s personal response to the prompt, the teacher will read aloud: [The Legend of Willow](#).

*The teacher may utilize other authentic creation stories or their own personal stories about their relationship with the land in subsequent sit spot explorations to Start In a Good Way.

After reading aloud, students are prompted to find a sit spot. Remind them that this spot will be their spot for the rest of the school year. By the end of the school year they will know everything about that spot. The teacher can challenge students to practice their very best looking, listening and feeling skills when at their sit-spot.

Gathering Knowledge- 5 to 10 minutes

Students get comfortable at their sit spot and settle in for 5 to 10 minutes. During this time they are encouraged to look at, listen to and feel (with their hands) the land around them. The teacher is welcome to utilize the sit spot journal provided for students to record their ongoing observations and feelings. Through the seasons, the sit spots inevitably change in response to the weather conditions. Students are invited to notice these changes.

Sharing Knowledge-5 to 10 minutes

After each sit spot exploration, it is recommended to reconvene in the story/ talking circle to reflect on the sit spot experience. The teacher may prompt students to respond to questions such as, What did you see? What did you hear? What did it feel like? How do you feel after getting to know your sit spot? What do you wonder about? The possibilities for prompting questions are limitless.

The purpose of this circle is meant to foster positive peer relations by finding commonalities within the classroom. The teacher also has an opportunity here to observe and listen to students' thinking, and to consolidate knowledge.

Click here to better understand [talking circle](#) pedagogy.

