



## Lesson One:

### Find your Blue Sit Spot

#### Objective:

Help students understand and feel their connection to the ocean, no matter where they live, via a local Blue Space.

#### Age Group

5-7, 7-11 and 11+

#### Materials required

No materials required, just access to your local blue space

#### Activity: 30 mins

Research shows that connecting with a local Blue Space can help us feel happy and calm. It can also help us become better ocean advocates and environmental stewards. By spending time in the same blue space, we create a bond with nature that makes us more likely to protect our natural environment.

A Sit Spot is one way of connecting. It's a simple practice that anyone can do. Imagine it as a sitting, open-eyed meditation. It's a practice that ecologists have used for many years to observe the natural world.

Returning to the same spot each time is an important part of the process. It enables us to know a place intimately — in different seasons, times of day, weather conditions, and our own moods.

#### Find your Sit Spot:

Choose a place outdoors that is safe, and where you can be still and quiet with relatively little distraction. Ensure that students can space out so they're at least 10 feet away from each other.

#### Settle in:

Set your watch for 10 minutes. Begin by asking your students to close their eyes and take three full, deep belly breaths to focus on the present moment. It is important that they remain silent and in quiet 'observation mode' for the exercise — which we know can be a challenge!

#### Engage your senses:

Ask students to engage each of their senses individually: first sight, then smell, hearing, touching, and feeling.





Here are a prompts to help guide your students through this sensory experience of noticing and wondering at what is around them.

### **Sight:**

Take a few moments to really look around. What do you see that perhaps you didn't notice before?

- Are there any details that you can “zoom in on” and look really closely at?
- Try focusing on a single colour around you. How many shades of blue or green can you see?
- Pay attention to the action happening around you. Do you notice birds in the trees, the rustling of leaves, ants marching in the grass or ripples on the lake?

### **Sound:**

Listen closely for any sounds.

- Who, or what is making them? Turn your head in the direction of the sounds.
- Try using ‘deer ears’ to amplify what you hear, creating a cup shape with your hands and placing one hand around and behind each ear. Do the sounds get louder?
- Turn your ‘deer ears’ around so the cup is facing behind you. What happens to the sounds then?

### **Smell:**

Inhale and exhale through your nose.

- What does the air feel like in your nostrils?
- Put your nose close to something natural, and inhale slowly.

### **Touch:**

Place your hands (or perhaps your toes if it's a warm day) on the surface where you sit, whether sand, tree or soil.

- What does it feel like? Squishy? Hard? Cool? Hot? What factors might be contributing to that sensation? Perhaps you are sitting on the earth and can pick up a handful of soil and rub it between your fingers. What does it feel like?
- When touching, try not to have your students disturb anything that is alive or moving.

### **Share what you noticed and wondered:**

After 10 minutes, return from your Sit Spot and ask students to share what they noticed and how the activity made them feel. They can write them down, and/or bring them into a group discussion. Take a few minutes to look for answers together.

### **Encourage your students to return to your Sit Spot again:**

Don't forget where your special spot is. You may want to return there in in coming days or weeks to note what has changed, Repeat visits will deepen the experience and sharpen students' observations.

