



Activity Guide – ‘Sit-spot’ Nature observation #2

Back in June, you were challenged to observe the wild world in your own backyard from a special ‘sit-spot’. This month, you will be repeating this activity to see how the changing seasons affect the natural world.

Autumn is a busy season for many species of wildlife. As the days get shorter and the temperatures drop, wild animals must prepare for the winter season. Some animals hibernate, some migrate and others stick out the harsh winter at home. You will find that your sit-spot is a very different place than it was in June!

Your mission:

1. You will be revisiting the same sit-spot that you chose back in June. If you missed that activity, choose a special, comfortable spot outside where you can sit and observe nature. It needs to be a safe and convenient spot that you can get to easily, so your backyard is the best place! If you don't have a yard, ask your parents to help you find a sit-spot at a nearby park or green space.
2. **Your mission is to spend 10 minutes sitting quietly at your sit-spot**, observing the natural world around you and recording your observations on the following page. What do you see? Hear? Smell? Bring a watch so you know when 10 minutes has passed.
3. Repeat this activity **once a day for a total of 5 days**. Try visiting your sit-spot at a different time everyday.
4. Once you have completed this activity 5 times, complete the follow-up questions.

Top Sit-spot tips:

- Be a good listener. **The quieter you are, the more you will see!**
- Use your senses. What do you smell? What do you hear? What do you see?
- Try a new perspective. Look up into tree branches or down into the grass.

You'll need:

- A printed copy of this Activity Guide
- A clipboard or something hard to write on
- A pencil
- A watch or stopwatch

Safety first! Make sure you let a parent know when you are heading out to a backyard sit-spot. Since it's getting colder, be sure to dress warmly for this activity.

Sit-spot Nature Observation #2



Junior Ranger Name: _____

Hometown: _____ **Date:** _____

	Start Time	Weather (e.g.: cloudy, cold, snowing)	What did you SEE? (e.g.: a crow watching me, geese flying, a squirrel in the tree)	What did you HEAR? (e.g.: birds singing, a dog barking, a car horn)
Day 1 Date:				
Day 2 Date:				
Day 3 Date:				
Day 4 Date:				
Day 5 Date:				

1. What time of day was *busiest* in your sit spot? _____ What time was the *quietest*? _____
2. How was your sit spot experience different this time than in the Spring? *(If this is your first Sit-spot experience, how do you think your yard has changed since Spring?)* Have the trees changed? Are animals and birds behaving differently? Does it smell different? Does it feel colder?

*When you're done, take a photo or scan this page and submit it to jrp@wildsafebc.com (ask a parent to help!)