

NATURE PLAY RECIPE CARD

Sit Spot

INGREDIENTS:

- A special spot in nature away on your own
- You and an open mind

METHOD:

- Find somewhere quite to sit that you like on your own.
- Leave all your belongings somewhere safe.
- Sit down and relax in that spot for at least 10 minutes.
- Come back and do an drawing or write a poem or do any kind of art of your time there if you want.
- Visit this spot on a regular basis so that it becomes one of your favourite places.

SAFETY AND CARE:

- Always make sure someone knows where you are going.
- Always let someone know when you are going to your sit spot.
- Check that you are not sitting in an ants nest or near any biting animals that may make your stay unpleasant.

Did you know?

The more you visit your sit spot the more you will get to know about that place.

CHILDREN
IN NATURE
NSW

