

Finding a “Sit Spot”

Part of Claude Monet’s artistic process was to come back to the same spot many times, over and over again, to paint the same subject at different times of day as the light changed. You can be like Monet by finding your own “sit spot.” By coming back to the same spot each day for even 10 minutes, you may cultivate quiet awareness and develop a relationship with a place, as Monet so often did.

Finding your sit spot is a great way to connect with nature while staying close to home and taking a break from screens. All ages can do it! Here are the basics:

1. Keep it simple. A sit spot is all about consistency and routine.
2. Find a place outside—the closer to home, the better. A place where you feel safe and can turn your phone off is best. It doesn’t need to be in a secluded forest; as long as you are outside, it could be near a busy road and still work!
3. Make your spot comfortable. Bring a blanket or chair if those will help you sit quietly for a spell. Dress for the weather; you might like a water bottle. This is usually a solitary activity, but families might like to do it together. You may want to bring a journal or some simple art-making supplies.
4. Be consistent. If you can, come to your spot every day for at least 10 minutes. To start, come at the same time every day. As you deepen this practice, mix it up and, like Monet, sit and observe at varying times of day in different light and weather.
5. Commit to sit. Once you find your spot, tune into your body, the present moment, and the world around you. It may help to gently stretch and take some deep breaths.
6. Observe and reflect. Tap into your senses: hear, feel, see, taste, touch all you can from your spot. Notice natural and manmade objects. Watch for patterns in plants and animals or changes in them day to day. Like Monet, watch the light change.



For your sit spot practice, you may prefer to just watch and feel. Or, it may spark your creativity! You could document your observations in a journal, sketch, take photos, or paint. Let yourself be inspired.

Now, get off this screen and go find your spot!

Additional resources:

- [A Complete Guide to Using a Sit Spot in Nature](#) on the blog Nature Mentoring
- [Sit Spots](#) by the Wilderness Awareness School
- [The Five Qualities of a Perfect Sit Spot](#) on We Are Wildness