



## Indigenous Continued Learning – Burnaby Schools

**Category:** Place Based Learning and connection to Social Emotional well-being for grades K - 7

**Aboriginal Ways of Knowing:** Learning is a journey that takes courage, patience and humility. It is about striving to become a better human being and living with balance in body, mind, heart and spirit.

**Title:** Sit Spots and connection to self, land and place.

A sit spot (or secret spot) is a favorite place in nature that you can visit regularly to cultivate awareness as you expand your senses and study patterns of local plants, birds, trees, animals, etc. (<https://nature-mentor.com/sit-spot/>)

### **Goals and Objectives:**

Finding a Sit Spot outside creates an opportunity for students to learn more about where they live, practice their observational skills, and improve their mental, emotional, spiritual, and physical focus. A sit spot close by allows student to return time and time again to observe changes over time.

### **Materials Needed:**

- Pencil & Paper or a journal – divide your page into 4 quarters as shown in the model below
- Small blanket or pillow to sit on.
- A nice quiet place outside you can sit undisturbed for 5 – 20 minutes

### **Task Instruction:**

- 1) Find your Sit Spot – a quiet space outside, could be your yard or in a park.
- 2) Sit quietly for one or two minutes with your eyes closed, and your hands in your lap to quiet your body
- 3) After about 1 minute (you can keep your eyes closed if it helps to focus):
  - start to listen to the sounds – what do you hear?
  - Take a couple of deep breaths – what do you smell?
  - If you are outside in your yard or in a park, place your hands face down on the land – what to you feel? Open your eyes – what do you see?
- 4) Use your paper or journal and record the sounds and smells you experienced by writing about or drawing the pictures. Include any thoughts you had or how you felt.
- 5) Do this as often as you can 😊

### **Adaptations/Adjustments; (consider different environments)**

Students from K- 3 may only sit for 5 minutes and may need support to identify sounds and smells. K-3 students can work on one sense at a time as they return to their space.

Students can choose one option that works best for them.


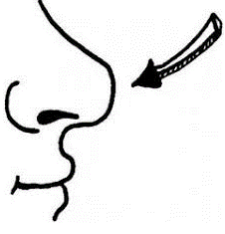
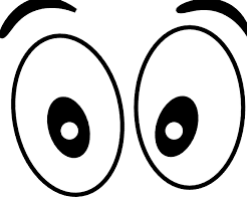

Students can also work from a balcony if parks are to far away. They may have to work harder at ignoring the cars and buses etc.

### **Extension (optional)**

Students can begin a picture or writing journal to record their thoughts and feelings as they connect more with their sit spot.



Create your space: Divide your page into 4 sections as seen below. Choose 1 or all of your senses and write or draw what you heard, smelled, felt or saw in the appropriate box.

 <p>I could hear:</p>	 <p>I could smell:</p>
 <p>I saw:</p>	 <p>I could feel</p>

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