

Plants give so much to the creatures on Earth.
Find a plant near you, observe it and draw it here.

After spending time at your SIT SPOT,
what name would you give it?

A wish I have for my SIT SPOT:

My SIT SPOT Book

Draw your SIT SPOT above
Describe your SIT SPOT below

Name:

Date:

Quiet Listen for Nature Noises

- 1. Get comfortable, close your eyes*
- 2. Listen for at least 7 nature noises*
- 3. Write and/or draw the nature noises you heard*

A Natural Poem

*Write a poem inspired by nature and your SIT SPOT.
Remember, it does NOT have to rhyme to be a poem.*

Habitat is Home...

Find a living creature and observe it for minutes. Draw this creature and its habitat. Label your drawing too.

How I Am Feeling...

As you sit in your spot, think of how you feel. Write at least 5 describing words about how you feel.