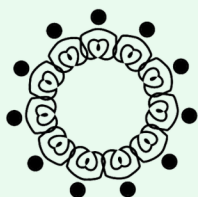
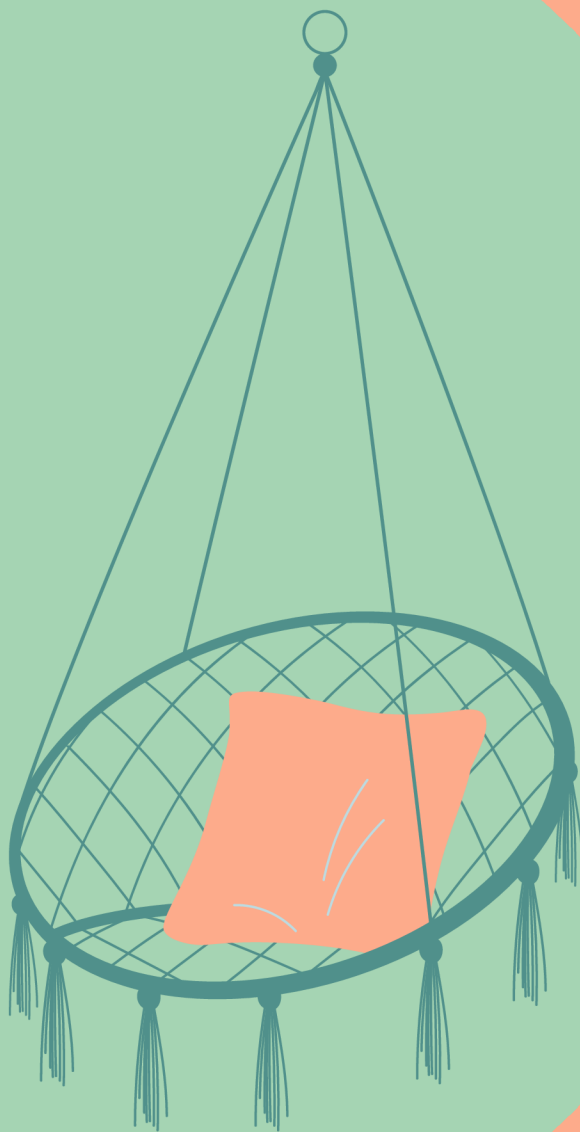


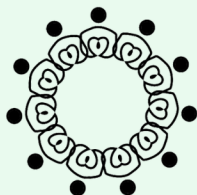
**Sitting
with it:
Sit Spot**



Sitting with it: Sit Spot

What You'll Need!

- **A quiet spot in nature – A garden, park bench, schoolyard, or anywhere you can be still.**
- **Comfortable seating**
- **A timer (optional)**



Sitting with it: Sit Spot

Just like our bodies shift and change, so does nature. This activity invites you to slow down, be still, and notice the world around you.

Find Your Sit Spot

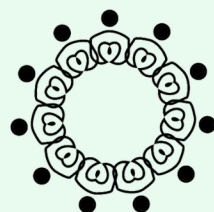
Step 1: Choose a spot in nature.

Step 2: Get comfortable. Sit down and turn off distractions like your phone.

Step 3: Tune into your senses. What do you see, hear, smell, or feel?

Step 4: Stay for at least 5 minutes. Sit quietly and let the space settle around you. Notice how wildlife moves when you're still.

The more time you spend in your sit spot, the more you'll notice.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emmillartherapy](https://www.instagram.com/emmillartherapy)

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Can't wait to see what you create!

