



Meditative Morning for Teens and Adults

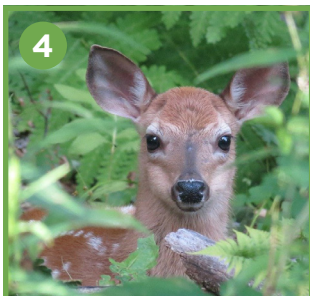
Start your day with an early morning sit spot to focus on observing the nature around you. This peaceful activity is a great way to experience nature at a time when many animals are active.

ITEMS YOU WILL NEED:

A solitary spot in nature where you can sit in the early morning.

OPTIONAL EXTRAS:

Something to sit on and a smartphone or watch alarm.



1. Go to your nature spot and find a place you can sit comfortably. If you choose to sit on the ground it may be wet with dew, so put down a blanket or towel if needed.
2. Settle into a comfortable position in which you can remain for 5-10 minutes. You can sit for as long as you like, but if you think you'll find yourself checking the time, setting an alarm can help you resist that urge. Try to be intentional when doing a sit spot by avoiding distractions, especially technology.
3. Use your senses to make observations of the nature around you. In the early morning, you will likely hear many bird calls and other sounds of animals "changing shifts." Close your eyes and focus on the sounds. Try to determine their direction. Then, open your eyes and see if you can spot the source of the sound.
4. What else do you see? By sitting still and staying quiet, wildlife activity will resume around you. Keep your eyes peeled for movement and if you turn to look, move slowly. If you see an animal, such as a rabbit or deer, try to observe it out of the corner of your eye or without facing it directly.
5. Shift your focus between different distances. What do you notice immediately around you? What can you feel and smell? Don't forget to focus on smaller things, too. Take your time and try to keep your mind focused on observing. When your alarm goes off or you feel ready, you can end your sit spot with some gentle stretching.

TO FURTHER EXTEND THIS ACTIVITY:

Consider the nature observation prompts [here](#) for your sit spots. Learn more about the different sounds that birds make and what they mean through [Audubon](#). What does the squirrel say?

A lot, actually! Learn more about the squirrel sounds you might be hearing [here](#).