

Stop and Spot

Sit and observe the world around you...

Getting started:

Find a special place in nature. Take your time... and get ready to be amazed!

What can I see, hear and feel?

PREPARE Sit down and make yourself comfortable.
Give yourself ten minutes.

OBSERVE Stay still, and start to notice what is around you.
Pay attention to ALL your senses!

What can you see?
What can you hear?
What can you smell?
What can you feel?

CREATE Make something that tells a story about what
you discovered.

Draw or paint, or use Leaves and sticks to
create your own story with nature.



SOMETHING EXTRA

Find a 'sit-spot' with a good
view of some flowers. Count
how many pollinators visit
and tell the scientists at
WildPollinatorCount.com

