**Activity:** Sit Spots

**Overall Curriculum Outcome:**
- Demonstrate positive self-identity that effectively enables them to manage their health, their relationships, and interactions with the world.

**Specific Curriculum Outcomes:**
- analyze their health needs in times of change and apply strategies that enhance their capacity to manage change in their lives
- assess level of physical activity to determine whether they are active enough to achieve health benefits and identify time in the day to increase physical activity in 5- to 10-minute periods
- create a plan that enhances their healthy eating practices, and reflect on supportive environments and challenges to achieve these healthy eating practices

**Materials:**
- An open mind.

**Context:**

After spending a day at Forest School pursuing various wellness activities, students are now encouraged to take what they learned in the forest and start to apply it to their everyday lives. One of the most profound skills a person can master is the skill of being content and at peace with the present moment. Spending time in nature helps with this concept as it provides a break from the frenetic and noisy world in which we often live. And lots of schools border onto wilder spaces and it is these places that we can seek out to assist our efforts to create little mental pools of calm and peace amidst our busy school day.

**Activity:**

Encourage students to find a place of peace and serenity at their school.  As a class, head out to some of the quieter corners of the school property, or neighboring park, and have students find a 'sit spot' to sit in quiet contemplation.  Eyes open or eyes close, examining the local flora and fauna, or just being still, students will immerse themselves in their sit spot, and hopefully, come away from the experience refreshed, relaxed, and in tune with their little corner of the world.  10 to 30 minutes is usually enough.