

SIT SPOTS

What do you notice?

What do you wonder?

Describe your spot using all 5 of your senses.

Sight: What do you see in the area surrounding your sit spot?

Smell: Take a deep breath. What do you smell?

Taste: Is there a specific taste associated with your space? Describe it.

Touch: What objects in your sit spot area can you touch? What do they feel like?

Sound: What sounds do you hear?

SIT SPOTS

What do you notice?

What do you wonder?

Describe your spot using all 5 of your senses.

Sight: What do you see in the area surrounding your sit spot?

Smell: Take a deep breath. What do you smell?

Taste: Is there a specific taste associated with your space? Describe it.

Touch: What objects in your sit spot area can you touch? What do they feel like?

Sound: What sounds do you hear?

SIT SPOTS

What do you notice?

What do you wonder?

Describe your spot using all 5 of your senses.

Sight: What do you see in the area surrounding your sit spot?

Smell: Take a deep breath. What do you smell?

Taste: Is there a specific taste associated with your space? Describe it.

Touch: What objects in your sit spot area can you touch? What do they feel like?

Sound: What sounds do you hear?