



Sit spot

Kia ora!

I got up early this morning and as I listened to the busy dawn chorus (korihi) that the birds were making it reminded me of this karakia (blessing):

Whakarongo ake au ki te tangi a te manu	listen to the cry of the birds
E rere runga rawe e	they fly up awesome
Tui tui tuia	bind, stitch, weave
Tuia i runga	from above us
Tuia i raro	below us
Tuia i waho	outside of us
Tuia i roto	into ourselves
Tui tui tuia	bind, stitch, weave
Tihei mauri ora	the sneeze of life

Beautiful ...Let's do a sit spot today!

It will help you to connect to a special spot. See what you can learn if you return there each day.

Task

Today let's explore stillness. I want you to find a place outside in your garden. It's good if you can see a dripping tap, pond, stream, or somewhere damp. You will want to see an open area, and perhaps be slightly undercover – you could sit up against a tree ...feeling comfortable!

Let's see what Tāne Mahuta will show us today.

- Let's pretend we are an owl or a ruru
Open your eyes as wide as possible. It feels a bit strange. Now relax a little and focus on a point in the distance. Keep looking into the distance in front of you – now, How far can you see each side? Above you?
- Now let's focus on what we can hear
... what is the sound furthest away from you in each direction?
What is the furthest bird sound you can hear?
Cup your ears with your hand... what can you hear now?
- Can you feel the breath of Tāwhirimātea (god of the wind) on your face?
- What can you smell? When you breathe in can you taste the smell?





Coming to your senses

It always takes me a while to “come to my senses” but I feel good when I do ... sit for as long as you can. This gets better with practice ... just before I finish I like to be thankful for what I have discovered ... then I run to my scrapbook and draw and write the new things I discovered like the colour underneath welcome swallow is such a beautiful bronze...



Note for parents & teachers (or an extension for older tamariki.)

I think we have all heard the saying “come to your senses” and by doing the above it works.

In this modern world we are asked to live in our intellect. Each generation is plugged in more than the previous. A practice of sit spot helps children to come to a place of their senses. As a child I had a tōtara tree I would climb up into and sit there for hours. I knew everything that moved in the whole neighborhood from skinks to rosellas to cats, dogs and all the birds and especially what Mum and Dad were up to

... sit spot can be journaled and used to inspire writing and drawing. One of the most important parts is we are available to catch the stories that come back with our children ... this helps to consolidate them and their connection with the natural world.

