



CAN AWE INSPIRE ENVIRONMENTAL ACTION?

VARIATIONS ON SIT-SPOT ACTIVITIES

The following are variations on the Sit Spot activity. Variations can be selected based on the needs of a participant/group (for example, a group that responds better to a more structured activity, might have an easier time being present/focused during a Sit Spot with a writing prompt to guide their time). Variations can also be used to incorporate a Sit Spot into a program in an ongoing way (for example, as part of a weekly program), while adding new elements/dimensions that help broaden and deepen the learner's experience.

- **I Wonder:** While participants are sitting, invite them to write out as many “I wonder...” statements as possible about the elements they observe in their Sit Spot (for example: I wonder how this rock came to be here? I wonder what it is made out of? I wonder what kinds of creatures live beneath it?)
- **Quote Cards:** Give each participant one of the quote cards ([see attached here](#)). Invite them to use their Sit Spot time to reflect on the quote. To debrief, ask how their Sit Spot experience shaped their understanding/appreciation of the quote's teaching.
- **Shema Soundscape:** The Shema, the central prayer of Jewish tradition, instructs us to “listen” and by doing so, attain an understanding of the oneness of the Divine/Creator. Encourage participants to note as many distinct sounds as possible (and their location) during their Sit Spot (they can write them down or draw them). To debrief, ask learners how active listening might reveal different levels of awareness or observation than a non-focused Sit Spot.
- **Hitbodidut.** The term *hitbodidut* was popularized by Rabbi Nachman of Breslov (1772-1810) and refers to an unstructured and individualized form of prayer. It involves speaking out loud in a natural setting, emphasizing free-flow sharing (i.e. don't over think it :). Invite learners to verbalize their thoughts during their Sit Spot, and to engage in a (one-sided) conversation with themselves, the Creator, or even a natural element. To debrief, ask participants to share how vocalizing their reflections affected their Sit Spot experience.