

RETURN TO YOUR SIT SPOT: ANIMAL INSPIRATIONS

Today, at your sit spot, you are going to closely observe one animal.

VISIT YOUR SIT SPOT

You can visit at the same time every day or at different times of day. The longer you spend in one place, the more you'll observe.

1. Start by spending 6 minutes making observations from your sit spot. Did you notice any animals or habitats?
2. After 6 minutes, use a nature journal to write or draw what you remember observing.

What is a HABITAT?

A **habitat** provides everything a living organism needs to survive. This includes shelter, water, food, and space.

HOW TO FIND AN ANIMAL

1. Be as still and quiet as you can.
2. Be prepared to look, listen and wait.
3. What animals do you think you might find in your sit spot?
4. Move your eyes slowly. Look at one spot for more than a few seconds. If you look away too quickly, you may miss an animal.
5. Look for movement or color changes or shape changes that might mean an animal is there.
6. What did you find?



What I saw from my Sit Spot.
How many frogs can you see?

OBSERVE YOUR ANIMAL

- Is it using camouflage to hide?
- Is it making any sounds?
- What is it doing?
- Is it eating or drinking?
- What do you think it might eat?
- Is it moving?
- How is it moving?
- Is it interacting with another animal? With plants? With anything else?



What I saw just a little way away from my Sit Spot.

How can we respect wild animals?

We should not touch wild animals. This praying mantis nymph came to sit on me while I was on my Sit Spot. I did not pick it up.

Can you think of other ways to show respect?



MIMIC YOUR ANIMAL

Now it's your turn! Learn more about the animal you observed by mimicking it – pretend you are that animal.

1. How can you move like the animal?
2. Move around your space to get food and water.
3. Find a place to rest.
4. What might you do if you wanted to camouflage yourself as that animal?
5. Can you make sounds like the animal?

FEELING LIKE A RACCOON

You probably didn't observe a raccoon in your sit spot, but they live many places in Durham!

Raccoons have an extremely sensitive sense of touch. They constantly feel around and touch everything. They will rub and roll objects in their hands to help them identify things. Their paws are more sensitive when wet, so dipping objects in water helps them identify it better.

1. Collect 2 of each object that are ok to get wet
2. Fill the large bucket or container with water
3. Put one of each pair of objects in the container. Leave one of each pair next to the container
4. Cover the container with a towel
5. Choose an object from outside of the tub
6. Reach your hands into the tub under the towel without looking.
7. Use your sense of touch to find the matching object in the container
8. Keep going until you have matched all objects outside of the tub with its match inside the tub

How did you know you found the matching object? Did you feel its texture? Size? Shape? Something else?

GATHER THESE SUPPLIES

- Large bucket or container
- Several pairs of objects that are ok to get wet that will fit in the bucket. Things like marbles, hairclips, rocks, spoons, sticks, plastic bottles are good.