

TANGLEWOOD HOLLOW



How do I participate? Choose a spot outside that you can visit over and over again. Sit in it for a few moments for ten different days throughout July!

What is a sit spot?
A sit spot is simply a favorite place in nature that you visit regularly to cultivate awareness as you expand your senses and study patterns of local plants, birds, trees, and animals.

SIT SPOT CHALLENGE

#10daysitspot

DAY 1

DAY 6

DAY 2

DAY 7

DAY 3

DAY 8

DAY 4

DAY 9

DAY 5

DAY 10