



Silent sit spot

This is a great way to calm your mind. Relax in a quiet place and notice the nature around you.

Find a place in nature where you can sit quietly.

Now become aware of the ground beneath you. Feel it supporting you.

What can you smell? What can you hear?

Look at the colours around you.

How many different shades of green or brown can you see? What other colours?

Visit this spot often and experience it as the seasons change around you.

Now try

Keep a sit spot diary in your sketchbook, and write down what you see, smell, hear and think each time.



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Activity created with

Coetir
Anian

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Llecyn llonydd

Dyma ffordd wych i dawelu
dy feddwl. Ymlacia mewn man tawel
a sylwa ar y natur o dy gwmpas.

Ffeindia le ym myd natur lle galli eistedd yn dawel.

**Nawr ystyria'r ddaear oddi tanat.
Teimla hi'n dy gynnal.**

**Beth galli di arogl? Beth galli di glywed?
Edrycha ar y lliwiau o dy amgylch.
Sawl fath gwahanol o wyrdd neu frown
galli di weld? Pa liwiau eraill?**

**Ymwela â'r llecyn hon yn
aml a profa hi wrth i'r tymhorau
newid o dy amgylch.**

Nawr tria
Cadwa ddyddiadur
llecyn llonydd yn
dy lyfr braslunio, ac
ysgrifenna beth rwyf
ti'n gweld, arogl,
clywed a meddwl
pob tro.



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Gweithgaredd
wedi'i greu gan

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