



# **SIT SPOTS: SOCIAL MEDIA PROFILE Summary**

Imagine yourself as your Sit Spot

- Spend a few minutes sitting in your Sit Spot and imagining what it's like to be your Sit Spot.
- What does it see?
- What does it feel?

Create the bio for your Sit Spot

- You can use the "Sit Spot Social Media Template" PDF linked in the video notes, or you can draw it in your Sit Spot notebook.
- Draw its profile picture
- Fill out the "name" and "about me" sections

Create at least three posts as your Sit Spot. For example:

- Describe how you're feeling
- Share something cool you observed
- Share something uncool you observed
- Explain something that happened to you
- Describe something you are looking forward to
- Share some important news
- Ask a question or ask for advice from other Sit Spots
- Describe the person who keeps coming to sit with you, filling out a notebook and conducting experiments (that's you!)

