

Nature Journal: Sit Spot

Observing water quality at the river

Repeated Observations *Noticing change over time*

When you return to the same place over and over, you will notice changes each time. These might be very small changes, especially if your visits are close together. If you return once a month, or once a season, those changes may be bigger. With each visit you'll learn something new about the living things and the non-living parts of the habitat.

The place you choose is called your **sit spot**. It should be one place that you can get to regularly and sit undisturbed for as long as you choose. Try making it a habit once a week if you need to travel to get there, or once a day if it's close by. You can sit for ten minutes, or even an hour. Bring your journal, writing tools, and anything else you'll need so you don't have to interrupt your observation time. Be careful around flowing water; go with an adult, or bring a buddy if you're an adult.



Water Quality *How can you tell the water is clean?*

The water in the river is affected by many things in the watershed. The watershed is the land that drains into the river. When you make observations in a sit spot by the river, you can start to notice what some of these things are.

Take a look at the land around your sit spot. What is covering the ground? Does the ground slope down towards the water? What do you predict will happen to materials on the ground during a rainstorm?

Try to visit during or after a rain. And see if your prediction is true.

Besides rain runoff, how else do things from the watershed get into the river?



Animals need clean water in their habitat. A healthy river system supports lots of different plants and animals in and around the river. Do you observe any animals from your sit spot? Do you see any signs that animals were there?

How many different kinds of plants can you see from your sit spot? Is there a variety, or are they mostly the same?

What does the water look like? Is it clear enough to see the bottom? Is there trash in or near the water? Please pick up what you can!

Use the next page to make observations at your sit spot by the river. You may print it and add to your journal, or just use it as a guide to create your own page. If you take photos at your sit spot, keep them in a special file so they're easy to find.

River Sit Spot

Date _____ Time _____

Weather

temperature ____degrees cold cool warm hot

sky sunny partly cloudy cloudy

precipitation rain snow

wind no wind light breeze windy

Water *scoop some water into a clear container*

The water looks clear cloudy _____

The water smells _____

What's in the water?

bugs plants mud rocks _____

Quiet observation time

What do you see/hear/smell/feel? Write and/or draw.

I notice:

I wonder:

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