

# 31 DAYS OF CONNECTION-FIRST OCTOBER

Dear friend,

Thank you so much for downloading this October bundle. I've created it with heart and intention — to remind us that, even in busy seasons, what truly matters is connection.

October is such a full month. School rhythms are in full swing, evenings arrive earlier, and the drumbeat toward Halloween grows stronger with each passing week. It can feel like a blur if we let it. But it's also the month of golden light through the trees, cosy suppers at home, and moments that invite us to slow down and savour time with the people we love.

This 31 Days of Connection calendar is here as a gentle companion — not a list of “shoulds,” but a could-do list of small rituals and seasonal joys. Think of them as little invitations to connect: with yourself, with your family, with children or teens, with friends, partners, or your wider community. Some prompts are playful, some are reflective, and many are simple enough to tuck into even the busiest day.

There's no wrong way to use it. You might dip in now and then, choose a few favourites for the whole month, or follow it day by day. However you approach it, let it ease you toward slower rhythms, stronger bonds, and more intentional moments this October.

I hope this calendar, list, and reflection pages bring you a sense of belonging and joy — in the ordinary, in the cosy, and in the moments of togetherness that matter most.

Wishing you a connected and wholehearted October,

Ciara x

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# 31 DAYS OF OCTOBER

## A Slow & Intentional Connection Calendar

*Little traditions and cosy moments to share with family, friends and yourself*

Go apple picking (or buy a big bag) and bake a crumble.	Visit a farmers' market and pick one seasonal star to cook with tonight.	Golden-hour walk. Step outside just before sunset	Bake bread from scratch	Host a soup-and-bread night.	Write an autumn gratitude list.	A cosy reading evening.
Create an Autumn doorway or windowscape.	Slow-cooker supper. Eat together if you can.	Conker & acorn hunt. Fill a bag with little treasures	Seasonal movie night. Gilmore Girls, Harry Potter, or a cosy classic	Go for a country-lane drive + hot chocolate stop.	Make a simple seasonal craft. Pressed leaves or a wreath.	Firepit or fireplace evening. Toast marshmallows, tell stories
Cook or bake with pumpkin. Soup, risotto, muffins, or a loaf	Board-game night. Let everyone pick one; rotate between short rounds to keep it fun	Journal your autumn intentions.	Go to a harvest fair or autumn market.	Screen-light evening. Switch to lamps and candles; swap scrolling for a chat, puzzle, or music.	Make an October playlist. Cosy, moody, or slightly spooky	Noticing walk. Write down or photograph five signs of autumn
Bake with friends or teens. Brownies, biscuits, pumpkin bread	Seasonal wardrobe swap. Pull out jumpers and scarves	Stargazing or torchlit stroll.	Dinner-for-two at home. Candles, favourite music, simple comfort food	Carve or paint pumpkins.	Spooky scavenger hunt. Hide clues around the house or garden;	Decorate for Halloween (your way). From minimal candles to full haunted-house fun
Make toffee apples or caramel popcorn.	Halloween movie marathon. Hocus Pocus, Casper, Addams Family, Coraline	Halloween with gratitude. Costumes, treats, games — - reflect on your favourite October moments.				



# 31 DAYS OF CONNECTION-FIRST OCTOBER

1. Go apple picking (or buy a big bag) and bake a crumble.-Connect over choosing, peeling, stirring — and that first warm spoonful.
2. Visit a farmers' market and pick one seasonal star (squash, leeks, apples) to cook with tonight. Let one ingredient shape the whole meal.
3. Golden-hour walk. Step outside just before sunset; notice how the light paints the trees.
4. Bake bread from scratch. No-knead, soda bread, or a simple loaf — the scent alone feels like a hug.
5. Host a soup-and-bread night. Low effort, high comfort. Invite family, friends, or just your own crew.
6. Write an autumn gratitude list. Three honest things you're grateful for right now — big or tiny.
7. A cosy reading evening. Everyone chooses a book; add blankets and warm drinks.
8. Autumn doorway or windowscape. Pumpkins, foraged branches, jars with tea lights — simple and welcoming.
9. Slow-cooker supper. Let dinner bubble away while life happens. Eat together if you can.
10. Conker & acorn hunt. Fill a bag with little treasures. Display them in a bowl or use for crafts.
11. Seasonal movie night. Gilmore Girls, Harry Potter, or a cosy classic — popcorn, socks, low lights.
12. Country-lane drive + hot chocolate stop. Leaf-lined roads, music on, thermos or café treat.
13. Make a simple seasonal craft. Pressed leaves, a wreath, or a paper garland.
14. Firepit or fireplace evening. Toast marshmallows, tell stories, and pass around a blanket.
15. Cook or bake with pumpkin. Soup, risotto, muffins, or a loaf — choose one and make it together.
16. Board-game night. Let everyone pick one; rotate between short rounds to keep it fun.
17. Journal your autumn intentions. One page: how you want this season to feel; what you need more/less of.
18. Go to a harvest fair or autumn market. Talk to growers, try something local, soak up the atmosphere.
19. Screen-light evening. Switch to lamps and candles; swap scrolling for a chat, puzzle, or music.
20. Make an October playlist. Cosy, moody, or slightly spooky — play it during dinner or drives.
21. Noticing walk. Write down or photograph five signs of autumn you spot today.
22. Bake with friends or teens. Brownies, biscuits, pumpkin bread — share half with a neighbour.
23. Seasonal wardrobe swap. Pull out jumpers and scarves; donate something you no longer wear.
24. Stargazing or torchlit stroll. Ten minutes under the night sky — spot a constellation or just enjoy the hush.
25. Dinner-for-two at home. Candles, favourite music, simple comfort food — phones away.
26. Carve or paint pumpkins. Messy, creative, brilliant. Teens can try stencils or clever themes.
27. Spooky scavenger hunt. Hide clues around the house or garden; end with hot chocolate.
28. Decorate for Halloween (your way). From minimal candles to full haunted-house fun — let everyone add a touch.
29. Make toffee apples or caramel popcorn. Sticky, nostalgic, and perfect for a film or games night.
30. Halloween movie marathon. Hocus Pocus, Casper, Addams Family, Coraline — or your own family favourites.
31. Halloween with gratitude. Costumes, treats, games — and two minutes reflecting on your favourite October moments.

# 31 DAYS OF CONNECTION:

## OCTOBER REFLECTIONS

### 1. With Myself

What small daily ritual helped me feel most grounded and connected to myself this October?

### 2. With Family/Children

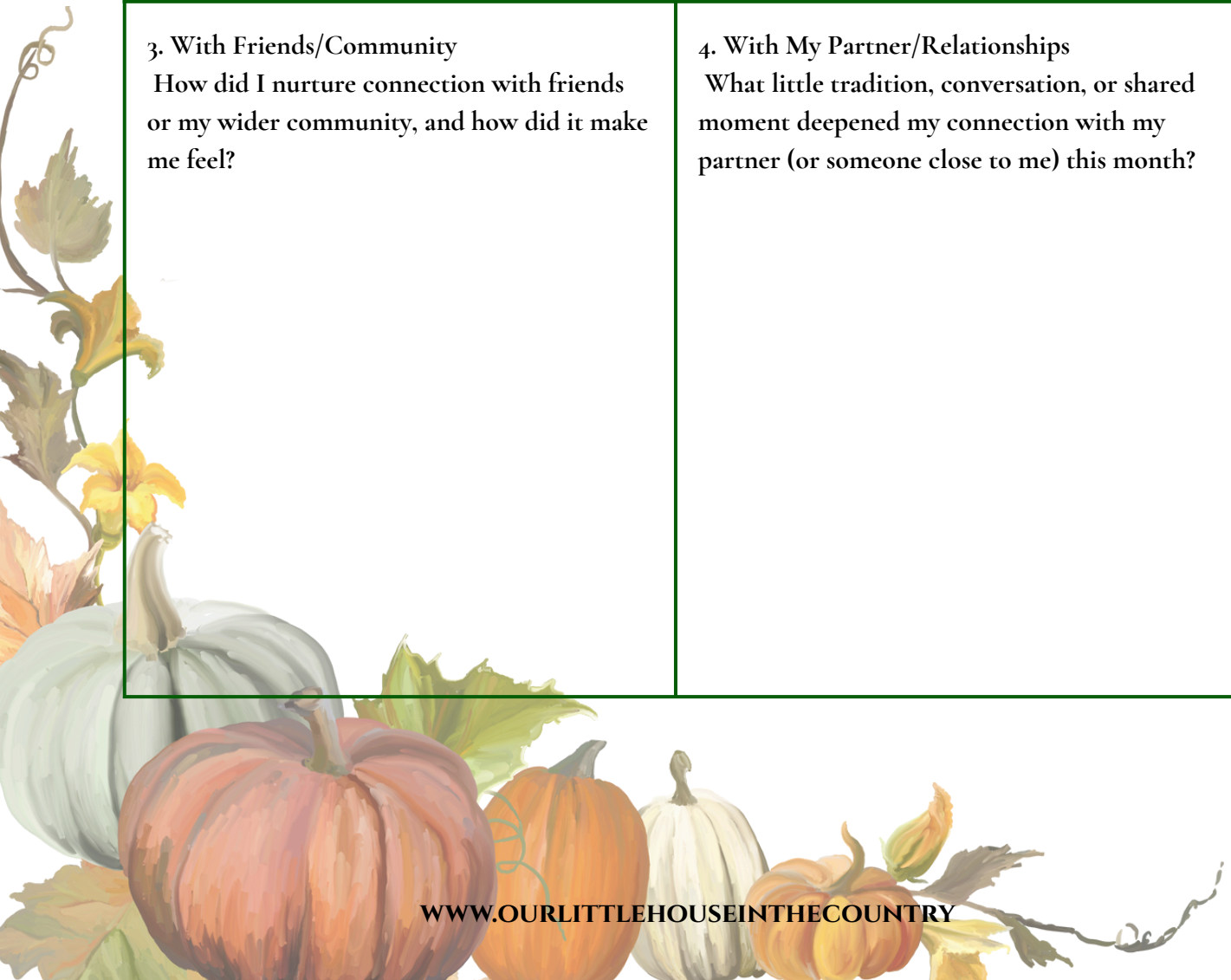
What moment with my family (or children) this month felt most joyful, ordinary-yet-special, or memorable?

### 3. With Friends/Community

How did I nurture connection with friends or my wider community, and how did it make me feel?

### 4. With My Partner/Relationships

What little tradition, conversation, or shared moment deepened my connection with my partner (or someone close to me) this month?





# How to Use This Printable

## How to Print

- For best results, print the pages on A4 or US Letter size paper.
- Use a high-quality print setting for crisp text and colour.
- You can print at home or at a local print shop.
- Choose to print single pages or the whole bundle — whatever suits your space and lifestyle.



## How to Use

- Hang the calendar on your fridge, in your hallway, by your desk — somewhere you'll see it often.
- Keep the full prompt list handy as a reference or tuck it into your journal.
- Use the journaling page when you have a quiet moment — perhaps at the weekend or at the end of each week.
- Let the prompts inspire small shifts, little pauses, and deeper presence throughout your day.
- No pressure to complete everything — let this be flexible and nourishing, not one more thing on your to-do list.



## Stay Connected

I love seeing how these seasonal printables find their way into your homes.

If you'd like to share, tag me on Instagram — I always love hearing from you!


And if you're enjoying this calendar, you might also love:

- ✦ Mindful May
- ✦ Joyful June
- ✦ Slow August
- ✦ Slow September

Let's enjoy this October together.

With warmth,

Ciara

 [www.ourlittlehouseinthecountry.com](http://www.ourlittlehouseinthecountry.com)

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