

30 WAYS TO WINTER WELL IN NOVEMBER

Dear friend,

Thank you so much for downloading this little November bundle. It was created with care, to remind us that November doesn't need to feel grey or forgotten. It can be a month that steadies us — the quiet bridge between autumn's brightness and the festive sparkle of December.

This season invites us inward. The mornings are darker, the evenings longer, and the air carries a chill that whispers, slow down, rest, gather close. November can become a time of quiet strength and gentle nourishment if we allow it — a chance to prepare ourselves, body and soul, for the deep winter ahead.

These 30 Ways to Winter Well are not tasks or obligations. They're gentle invitations. A handful of small rituals, practices, and comforts that can help us find warmth in the colder days, light in the darker evenings, and connection in the in-between spaces of life.

There's no pressure to do them all. Think of this as a could-do list rather than a must-do list. Let the ideas meet you where you are. Repeat the ones that bring you joy, skip what doesn't fit, and return to them whenever you need a little grounding.

I hope this calendar, along with the list and journaling prompts, helps you embrace November with more softness, steadiness, and intention. May it be a month of slowing down, nourishing yourself and your loved ones, and finding beauty in the quieter rhythms of the season.

Wishing you a peaceful and nurturing November,

Ciara x

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30 WAYS TO WINTER WELL

A Slow & Intentional Calendar for November

Simple daily practices to nourish body, mind and soul as gently step into winter.

Start a morning ritual of lemon and hot water	Revisit your bedtime routine	Try "Soup Sundays" Simmer a big pot of soup or stew each Sunday	Keep a basket of blankets nearby	Journal on this prompt: What do I want winter to give me?	Plan one full day of digital rest Switch off your phone, laptop, and TV for 24 hours.	Nourish your skin Cold air dries us out quickly.
Restock your pantry with winter staples	Create a "comfort shelf" of books	Light a morning candle Strike a match and let a flame flicker during morning coffee	Make herbal tea part of your rhythm	Refresh your entryway Create a small seasonal station with a basket for hats, scarves, gloves, and umbrellas.	Journal on this prompt: What do I need less of before the year ends?	Begin a gentle stretching routine
Bake a simple loaf of bread The smell alone is soul-soothing	Try a guided meditation or breathwork session	Swap one evening of TV for a game night Board games, card games, or even puzzles	Check in with your budget Plan intentionally for the festive season ahead.	Create a cosy corner Arrange a chair, a throw, and a lamp just for you	Make an October playlist. Cosy, moody, or slightly spooky	Explore the night sky Clear November evenings are perfect for stargazing.
Start a gratitude jar Write down tiny November joys	Read Wintering by Katherine May (or another seasonal book)	Make a stovetop simmer Fill a pot with orange slices, cinnamon, and cloves.	Try a simple winter craft Knitting, embroidery, or even a jigsaw puzzle	Step outside at dawn Even just once this month	Cook one nostalgic family recipe A dish from your childhood or family tradition	Journal on this prompt: What do I want to carry into the new year?
Listen to a seasonal podcast	Have a slow breakfast by candlelight	Write a wintering intention As November ends, set a gentle aim for the weeks ahead.				

30 WAYS TO WINTER WELL IN NOVEMBER

1. Start a morning ritual of lemon and hot water. Support your body's immunity by beginning the day with something warm and cleansing.
2. Revisit your bedtime routine. Trade endless scrolling for 15 minutes of reading, journaling, or quiet reflection before bed.
3. Try "Soup Sundays". Simmer a big pot of soup or stew each Sunday — warming, nourishing, and perfect for leftovers during the week.
4. Keep a basket of blankets nearby. Encourage everyone to layer up and cosy down. It creates instant comfort without cranking up the heat.
5. Journal on this prompt: What do I want winter to give me? Reflect on what you most need from the season ahead.
6. Plan one full day of digital rest. Switch off your phone, laptop, and TV for 24 hours. Notice how much slower and softer the day feels.
7. Nourish your skin. Cold air dries us out quickly. Switch to richer creams, hand balms, and lip salves as part of your daily care.
8. Restock your pantry with winter staples. Lentils, beans, oats, root vegetables, and tins of tomatoes become the backbone of hearty, budget-friendly meals.
9. Create a "comfort shelf" of books. Line up novels, essays, or seasonal reads you want to savour during the darker months.
10. Light a morning candle. Strike a match and let a flame flicker during breakfast or morning coffee — a ritual that signals calm and presence.
11. Make herbal tea part of your rhythm. Chamomile before bed, peppermint after meals, or lemon balm in the afternoon — soothing for both body and mind.
12. Refresh your entryway. Create a small seasonal station with a basket for hats, scarves, gloves, and umbrellas.
13. Journal on this prompt: What do I need less of before the year ends?
14. Begin a gentle stretching routine. Ease stiffer muscles with five or ten minutes of stretching each morning or evening.
15. Bake a simple loaf of bread. The smell alone is soul-soothing, and a slice of fresh bread is pure comfort.
16. Try a guided meditation or breathwork session. Even five minutes can reset your nervous system and lower stress levels.
17. Swap one evening of TV for a game night. Board games, card games, or even puzzles — a lovely way to connect with family without screens.
18. Check in with your budget. Plan intentionally for the festive season ahead. Reducing financial stress is an act of seasonal self-care.
19. Create a cosy corner. Arrange a chair, a throw, and a lamp just for you — a little retreat within your home.
20. Explore the night sky. Clear November evenings are perfect for stargazing. Notice how different the sky feels compared to summer.
21. Start a gratitude jar. Write down tiny November joys — the first frost, a good cup of tea, a quiet Sunday. Read them back in December.
22. Read *Wintering* by Katherine May (or another seasonal book). Her words on rest, retreat, and resilience pair beautifully with November evenings.
23. Make a stovetop simmer. Fill a pot with orange slices, cinnamon, and cloves. Let it scent the whole house with warmth.
24. Try a simple winter craft. Knitting, embroidery, or even a jigsaw puzzle can feel meditative and grounding.
25. Step outside at dawn. Even just once this month — the hush of the world before sunrise feels different in November.
26. Cook one nostalgic family recipe. A dish from your childhood or family tradition can bring comfort and connection.
27. Journal on this prompt: What do I want to carry into the new year?
28. Listen to a seasonal podcast. Try an episode of *On Being* or *Nature & Nourish* while walking — nourishing for the mind as well as the body.
29. Have a slow breakfast by candlelight. Porridge, toast, or eggs — start one morning with intention and calm.
30. Write a wintering intention. As November ends, set a gentle aim for the weeks ahead. Something like: I will embrace rest or I will seek small joys daily.

30 WAYS TO WINTER WELL: NOVEMBER REFLECTIONS

Journal on this prompt: What do I want winter to give me?

Reflect on what you most need from the season ahead.

Journal on this prompt: What do I need less of before the year ends?

Journal on this prompt: What do I want to carry into the new year?

Write a wintering intention

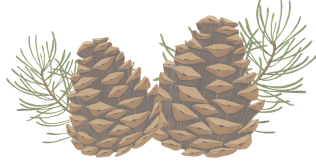
As November ends, set a gentle aim for the weeks ahead. Something like: I will embrace rest or I will seek small joys daily.



How to Use This Printable

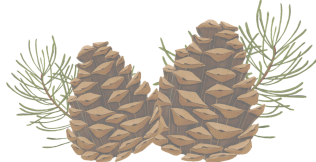
How to Print

- 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](#)

✨ Connection-first October

Let's winter well together.

With warmth,

Ciara

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