



*The Spring  
Slow Living Collection*

*Slow living calendars and reflective pages for  
February, March, April & May*

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

# SPRING SLOW LIVING COLLECTION

## Slow living calendars and reflective pages for February, March, April & May

Dear friend,

Thank you so much for welcoming The Spring Slow Living Collection into your days.

Spring sits in a beautifully in-between place in the year. It doesn't arrive all at once. Instead, it unfolds slowly — light stretching a little further each evening, energy returning in small waves, life stirring quietly beneath the surface.

Here, spring begins gently, almost shyly. February still carries winter's pace, March brings movement and possibility, April opens us to growth and colour, and May invites a fuller sense of ease. This collection honours that whole journey — not a rush into productivity, but a gradual, human return to light.

These calendars, journaling pages, gratitude prompts, and blank spaces are an invitation to live spring slowly and intentionally.

Not in a way that asks more of you.

Not in a way that adds pressure or expectation.

But in a way that meets you exactly where you are.

Each month offers gentle prompts — small moments to notice, reflect, rest, or realign. Nothing here needs to be completed. Nothing needs to be done in order. You don't need to “keep up,” catch up, or do it perfectly.

You're free to dip in and out.

To repeat what resonates.

To skip what doesn't.

To use the pages in whatever way supports you most.

This is not a checklist.

It's a companion.

Spring is not about doing more — it's about making space. Space for light, for softness, for hope, for small beginnings that grow in their own time.

As you move through these months, I hope this collection brings a sense of steadiness and ease. A gentle rhythm. A reminder that slow, intentional living isn't something to master — it's something to return to, again and again.

May this season be shaped not by urgency, but by care.

By simple moments.

By a quieter kind of joy.

Wishing you a gentle, hopeful spring,

Ciara x

Our Little House in the Country

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@ourlittlehouseinthecountry



# 28 GENTLE ACTS OF KINDNESS FOR FEBRUARY

*Small, meaningful acts to yourself, others, and the world  
– without pressure*

Rest without guilt for at least 15 minutes today.	Speak to yourself kindly when something feels hard.	Do one small thing that makes your body feel cared for.	Let one thing be “good enough” today.	Drink your tea or coffee slowly, without multitasking.	Go to bed earlier than usual, if you can.	Write down one thing you’re proud of this week.
Send a thoughtful message to someone you love.	Thank someone for something they do regularly.	Listen fully to someone without trying to fix anything.	Do a small helpful task for someone else, quietly.	Share a genuine compliment.	Cook or prepare something simple with care.	Let go of a small irritation instead of reacting to it.
Smile or make eye contact with someone today.	Hold a door, offer patience, or let someone go ahead.	Add something to a charity shop or a local free library.	Leave a kind comment on someone’s work or post.	Support a small or local business in a simple way.	Pick up one small piece of litter while out walking.	Speak kindly about someone who isn’t present.
Unfollow or mute something that drains your energy.	Do something today without documenting it.	Forgive yourself for something you’ve been carrying.	Spend a few quiet moments in nature or near a window.	Let yourself change your mind about something.	Offer yourself grace where you’d offer it to others.	End the month by naming three things you’re grateful for.



**SMALL ACTS, DONE WITH CARE, CHANGE MORE THAN WE REALISE.”**

# GRATITUDE JOURNAL

DATE

S M T W T F S

TAKE A MOMENT EACH DAY TO REFLECT  
ON THE THINGS YOU'RE THANKFUL FOR

TODAY I'M GRATEFUL FOR

1

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2

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3

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THINGS THAT MADE ME SMILE TODAY



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SOMETHING THAT  
INSPIRED ME TODAY

PEOPLE I'M GRATEFUL  
TO HAVE IN MY LIFE

*Daily Affirmation*

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NOTES & FREE THOUGHTS

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# DAILY REFLECTION JOURNAL

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Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## MOOD TRACKER

Choose a face



Add a description

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### Highlights of the day

01	
02	
03	
04	
05	
06	
07	

### Gratitude List


### What I learned today

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### Goals for tomorrow

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# Daily Reflection

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Today I am grateful for these three things...

- 1.
  - 2.
  - 3.
- 

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Date:

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Water:

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Exercise:

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*Today,* this good thing happened to me and I appreciate it because:

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*Today,* this not so good thing happened to me and this is how I handled it:

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*Today,* this thing made me happy:

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*Today,* I discovered this about myself:

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# RE-EMERGING INTO SPRING

## 31 Gentle Prompts for March

Open a window and let fresh air move through your home	Notice one small sign of spring outside	Tidy one small surface — no more than that	Take a slow walk and notice what's beginning to change	Let daylight guide your pace today	Make a warm drink and enjoy it without multitasking	Write down three things you're quietly hopeful about
Clear out one drawer or basket gently	Spend ten minutes outdoors, wrapped up if needed	Cook something simple and nourishing	Light a candle as evening falls	Let go of one expectation that feels heavy	Open the curtains early and welcome the light	Choose one area of your home to refresh this season
Write about how winter shaped you	Do one thing slowly, on purpose	Swap one winter item for something lighter	Notice how the days are stretching	Sit quietly and breathe for five minutes	Wash something that brings comfort (a throw, cushion, scarf)	Make a gentle plan for the coming weeks
Declutter one thing you no longer need	Enjoy a moment of silence	Write about what you want this season to feel like	Do something creative, even briefly	Revisit a routine that grounds you	Spend time with someone who feels steady	Clean something that signals a fresh start
Look back on winter with kindness	Prepare your home for lighter days ahead	Set a soft intention for spring				

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NOTES & FREE THOUGHTS

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# LIVING IN THE FULLNESS OF SPRING

## 30 Gentle Prompts for April

Welcome April with gratitude for returning light	Bring fresh flowers or greenery into your home	Spend time outdoors and notice colour around you	Prepare something simple for Easter or spring celebrations	Open the windows and let your home breathe	Tidy your table, windowsill, or front door area	Do something playful or light-hearted
Cook or bake something that feels like spring	Sit in sunshine, even briefly	Refresh a space that's been heavy with winter	Write about what feels like it's blooming in your life	Take a longer walk and enjoy the air	Create a calm morning or evening ritual	Celebrate a small seasonal tradition
Rest without guilt	Tend gently to your home or garden	Let go of something that feels outdated	Notice how your energy has shifted since winter	Make space for something new	Reconnect with nature in a simple way	Enjoy a slower, more mindful meal
Freshen your kitchen or living space	Reflect on what renewal means to you	Do something that brings quiet joy	Write a list of what you want more of this season	Wear something that feels light or colourful	Spend intentional time with loved ones	Pause and check in with yourself
Look ahead to late spring with openness	Set an intention for the months ahead					



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NOTES & FREE THOUGHTS





# FAMILY REFLECTION JOURNAL

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_


## MOOD TRACKER

Choose a face



Add a description


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**Highlights of the day** 


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04	_____
05	_____
06	_____
07	_____

**Gratitude List** 

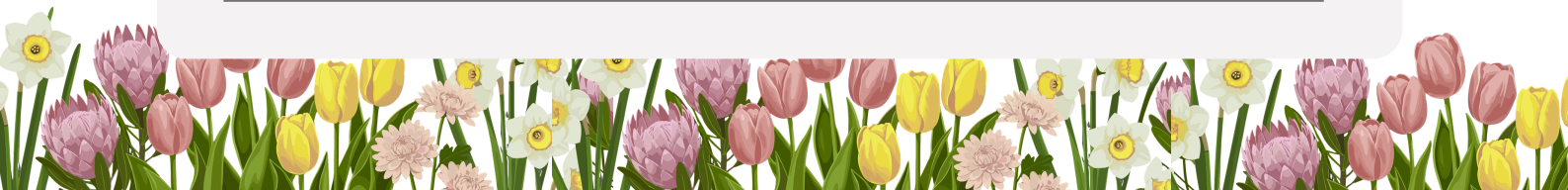
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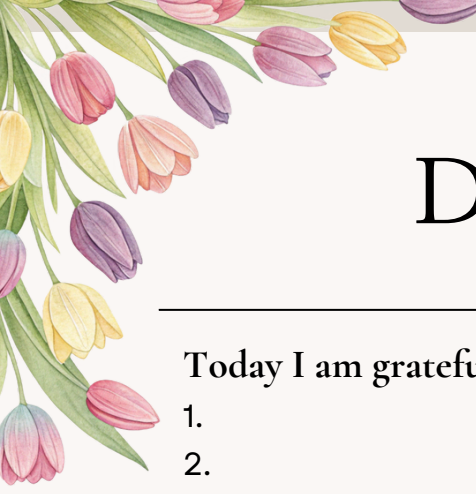
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**Goals for tomorrow** 

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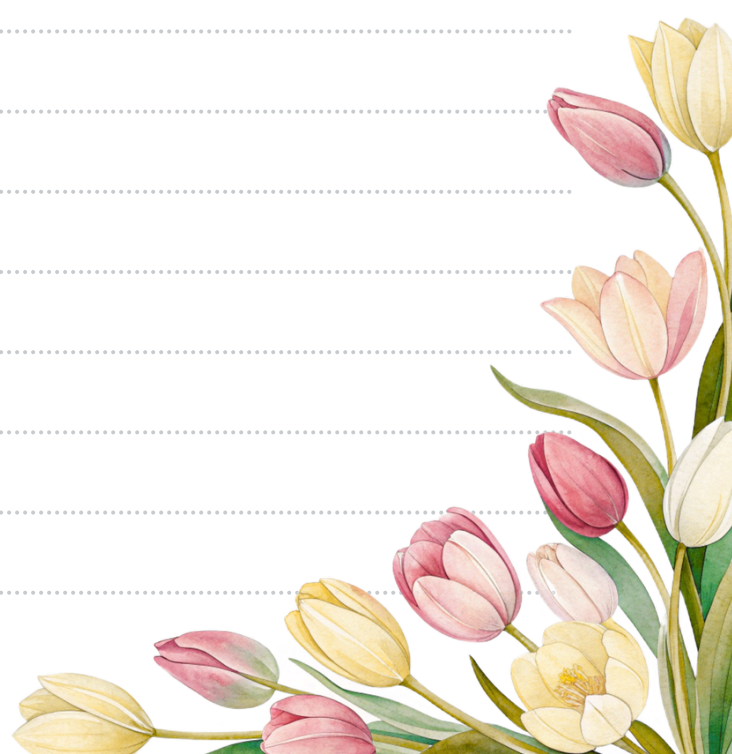
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# 31 Mindful Moments for May

Peace is found in the pauses

Step outside first thing in the morning and breathe in the fresh air.	Write down one thing you're grateful for today.	Make a cup of tea or coffee and sit down to drink it slowly, without distractions.	Notice something beautiful on your daily walk — a flower, a bird, the way the light falls.	Send a kind message to someone you haven't spoken to in a while.	Declutter one small corner of your home — just a drawer, a shelf, or a table.	Let yourself do nothing for ten whole minutes today.
Pick a bunch of wildflowers or greenery and bring them inside.	Listen to a song that lifts your spirits.	Sit quietly and watch the sky for a few minutes — clouds, stars, or sunshine.	Make a simple home-cooked meal and savour it fully.	Write a handwritten note, even if it's just for yourself.	Step away from your phone for an hour (or more).	Go outside barefoot for a moment and feel the earth under your feet.
Choose one thing to let go of — a worry, a grudge, or a nagging task.	Light a candle during dinner, even if it's just for you.	Sit by an open window and listen to the sounds around you.	Take a photo of something that makes you smile.	Read a few pages of a book that soothes or inspires you.	Watch the sunset without rushing or multitasking.	Tidy a small space that's been bothering you — and enjoy how it feels afterwards.
Day 22: Try cooking or baking something new, just for fun.	Day 23: Give yourself permission to rest without guilt.	Day 24: Open a window before you sleep and let in the fresh evening air.	Day 25: Reflect on one simple thing that brought you joy today.	Day 26: Write down three things you've done well this month.	Day 27: Treat yourself to fresh flowers, a new plant, or a walk among trees.	Day 28: Practice saying "no" kindly if you need to protect your time or energy.
Day 29: Watch something funny that makes you laugh out loud.	Day 30: Make a list of things you're looking forward to this summer.	Day 31: Take a few minutes to look back on the month and thank yourself for showing up.				



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# *My Notes*

Handwriting practice lines consisting of 20 horizontal dashed lines.

*Date*     /     /

# SPRING SLOW LIVING COLLECTION

Slow living calendars and reflective pages for February, March, April & May

## 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!

WITH WARMTH,  
CIARA

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 INSTAGRAM: [@OURLITTLEHOUSEINTHECOUNTRY](https://www.instagram.com/ourlittlehouseinthecountry)

 WANT NEXT MONTH'S CALENDAR DELIVERED STRAIGHT TO YOUR INBOX? SUBSCRIBE TO THE NEWSLETTER!

