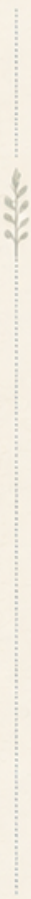




25 GENTLE *Summer* EVENING IDEAS

♥
SIMPLE WAYS TO SLOW DOWN
AND SAVOUR THE BEAUTY OF SUMMER EVENINGS

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1. Watch the sunset
 2. Eat dinner outdoors
 3. Water the garden slowly
 4. Read a chapter of your book outside
 5. Take an after-dinner stroll
 6. Listen for the birds settling down
 7. Photograph the golden light
 8. Enjoy a cup of tea in the garden
 9. Light a candle or lantern as dusk arrives
 10. Watch bats appear overhead
 11. Pick a few flowers for the kitchen table
 12. Sit on a blanket and cloud-watch
 13. Enjoy dessert outside
 14. Phone someone you love
 15. Write down three lovely moments from your day
 16. Listen to music without doing anything else
 17. Watch the stars begin to appear
 18. Leave the dishes until morning
 19. Read aloud together
 20. Take your camera for a gentle wander
 21. Watch butterflies settling for the evening
 22. Open every window and enjoy the fresh air
 23. Spend ten quiet minutes doing absolutely nothing
 24. Make a list of the simple things you've loved about today
 25. Go to bed feeling grateful rather than productive



*Summer evenings are for
slowing down, soaking it all in
and savouring the simple moments.*

♥

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in the Country ♥

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