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COZY AUTUMN

Evening Ideas

Simple ways to slow down,
unwind and enjoy the beauty of the season.

- ☐ 1. Light a candle and enjoy the soft glow
- ☐ 2. Read a good book
- ☐ 3. Make a warm cup of tea or hot chocolate
- ☐ 4. Snuggle up with a cozy blanket
- ☐ 5. Listen to gentle music or a podcast
- ☐ 6. Watch a feel-good movie
- ☐ 7. Enjoy the rain falling outside
- ☐ 8. Write in your journal
- ☐ 9. Plan something to look forward to
- 10. Do a puzzle
- 11. Knit or crochet something cozy
- 12. Enjoy a delicious autumn treat
- 13. Take a relaxing bath
- ☐ 14. Play a board game with your family
- ☐ 15. Create an autumn playlist
- ☐ 16. Organise a drawer or a small space
- ☐ 17. Make soup for tomorrow
- ☐ 18. Do some gentle stretching or yoga
- ☐ 19. Call or text a friend
- ☐ 20. Write down three good things from today
- ☐ 21. Enjoy a fire or light the fire pit
- ☐ 22. Browse a magazine
- ☐ 23. Do a little autumn crafting
- ☐ 24. Stargaze if the sky is clear
- ☐ 25. Simply do nothing and just be