



GENTLE *Summer Evening* CHECKLIST



A SIMPLE CHECKLIST TO HELP YOU CREATE
PEACEFUL EVENING RHYTHMS THROUGHOUT THE SEASON.

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| ☐ Watch the sunset | ☐ Listen to music |
| ☐ Eat dinner outside | ☐ Watch the stars appear |
| ☐ Take an after-dinner stroll | ☐ Leave the dishes until morning |
| ☐ Listen to the birds settle for the night | ☐ Read aloud together |
| ☐ Read a book or a chapter | ☐ Take your camera for a wander |
| ☐ Enjoy a cup of tea in the garden | ☐ Watch butterflies settling |
| ☐ Light a candle or lantern | ☐ Open every window |
| ☐ Watch the bats appear | ☐ Spend ten quiet minutes doing absolutely nothing |
| ☐ Pick flowers for the table | ☐ Make a list of the simple things you've loved about today |
| ☐ Sit and cloud-watch | ☐ Go to bed feeling grateful rather than productive |
| ☐ Enjoy dessert outside | |
| ☐ Phone a friend or loved one | |
| ☐ Write down three lovely moments from your day | |



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



OUR LITTLE HOUSE
in the Country ♥

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