

SLOW DOWN • REST • REFRESH

# SUMMER

## *Sunday Ideas*

*Simple ways to enjoy a slow,  
meaningful Sunday.*

1

### SLOW BREAKFAST



Take your time to enjoy a  
leisurely breakfast together  
without any rush.



2

### READ A CHAPTER OF A BOOK



Lose yourself in a  
good book and enjoy  
a quiet moment.



3

### TAKE A VILLAGE WALK



Enjoy the fresh air,  
notice the little things  
and chat together.



4

### BAKE SOMETHING SIMPLE



Fill your home with  
a lovely aroma and enjoy  
a delicious treat.



5

### GARDEN PICNIC



Pack a simple lunch and  
eat together in the garden  
or outdoors.



6

### VISIT A GARDEN



Explore somewhere  
beautiful and be inspired  
by nature's beauty.



7

### FAMILY BOARD GAME



Laugh, play and enjoy  
some screen-free time  
together.



8

### TAKE PHOTOS



Capture simple moments  
and little details that  
bring you joy.



9

### PLAN THE WEEK GENTLY



Plan the week ahead in  
a way that feels calm  
and manageable.



10

### ENJOY AN EARLY NIGHT



End the day with a  
good book and a restful  
night's sleep.



*Sundays are for  
slow moments, simple  
pleasures and the people  
who make life  
beautiful.*

