



30 SIMPLE WAYS TO Savour LATE SUMMER



Little moments to help you slow down and appreciate the beauty of the season.



AROUND THE HOME

- 1 Fill a jug with flowers from your garden.
- 2 Open every window and let fresh air move through the house.
- 3 Hang your washing outside and enjoy the scent of line-dried sheets.
- 4 Eat one meal in the garden or by an open window.
- 5 Light a candle as the evening begins to cool.
- 6 Bake something using seasonal fruit.



SPEND TIME OUTSIDE

- 7 Go for an early morning walk before the day becomes busy.
- 8 Watch one sunset from beginning to end.
- 9 Visit a beach, woodland or local park you've not been to for a while.
- 10 Sit in the garden with a cup of tea and do absolutely nothing for ten minutes.
- 11 Watch the clouds drift by.
- 12 Listen to the birds rather than reaching for your phone.



NOTICE THE SEASON

- 13 Photograph something beautiful that catches your eye.
- 14 Notice which flowers are blooming now that weren't there a month ago.
- 15 Collect a few favourite recipes from this summer.
- 16 Press a flower between the pages of a notebook.
- 17 Buy fresh fruit from a local farm shop or market.
- 18 Pick herbs for tonight's dinner.



CREATE LITTLE MEMORIES

- 19 Start a playlist that reminds you of this summer.
- 20 Create a Pinterest board filled with late summer inspiration.
- 21 Print a few favourite photographs instead of leaving them on your phone.
- 22 Begin a simple photo book while the memories are still fresh.
- 23 Write down one favourite memory from each week of August.
- 24 Send a message to someone you've been meaning to catch up with.

"The days may be getting shorter, but they are still beautiful."



My Late Summer REFLECTIONS



Take a moment to record the little things you want to remember.



A FAVOURITE MOMENT



SOMETHING I DISCOVERED



A BEAUTIFUL PLACE I VISITED



A DELICIOUS THING I ENJOYED



A BOOK I LOVED



SOMETHING I'M GRATEFUL FOR



ONE MEMORY I DON'T EVER WANT TO FORGET



OUR LITTLE HOUSE
IN THE COUNTRY

ourlittlehouseinthecountry.com

