

My Autumn Walk & Notice COMPANION

Take a walk. Slow down. Notice the little things.
Record a few moments from your autumn walk.



WHERE I WALKED...



DATE...



TODAY'S WEATHER...

Something I saw...

Something I heard...

Something I smelled...

Something I felt...

*Something that has changed
since I was last here...*

*Something small
I might otherwise
have missed...*

*One thing I want
to remember from
this walk...*

MORE NOTES & THOUGHTS

Every walk
offers a little
gift. All we
have to do is
notice.



30 THINGS TO NOTICE on an Autumn Walk

SLOW DOWN. LOOK AROUND. NOTICE THE LITTLE THINGS.
YOU DON'T NEED TO FIND THEM ALL – JUST ENJOY WHAT IS THERE.

1 Changing
leaf colours



2 Acorns &
conkers



3 Seed heads
& dried flowers



4 Rosehips
& berries



5 Blackberries
on the hedge



6 Mushrooms
& toadstools



7 Spiderwebs
with dew



8 Migrating
birds



9 Fallen
feathers



10 Bare branches
beginning to
appear



11 Puddle
reflections



12 Moss on
walls or trees



13 Interesting
bark



14 Wind moving
through the
trees



15 The smell of
damp earth



16 Woodsmoke
in the air



17 The angle of
autumn
sunlight



18 Long
shadows



19 Mist or
morning
frost



20 Cloud
formations



21 The moon
appearing
earlier



22 Lights coming
on in houses



23 Sounds
underfoot



24 Farm fields
changing



25 Berries on
trees & bushes



26 Fading
garden
flowers



27 Something
being gathered
or stored



28 One thing
you've never
noticed before



29 A favourite
seasonal
scent



30 The feeling
of the season
changing



*You don't need to find them all.
Just notice what is there.*

