

The
Summer
WALK
COLLECTION

*A gentle invitation to wander,
notice and enjoy the
beauty of the season.*



SLOW DOWN ♥ BREATHE DEEPLY ♥ BE PRESENT





50 Things to Notice

ON A SUMMER WALK



Slow down and let the beauty of summer surround you. Look closely, listen carefully and enjoy the simple wonders all around.



TAKE TIME
BREATHE DEEPLY
ENJOY THE JOURNEY

- ☐ 1. A bee visiting flowers
- ☐ 2. A butterfly
- ☐ 3. A ladybird
- ☐ 4. Tall grasses moving in the breeze
- ☐ 5. Dappled sunlight through the leaves
- ☐ 6. Birdsong
- ☐ 7. An interesting cloud formation
- ☐ 8. Reflections in water
- ☐ 9. Wild berries
- ☐ 10. A dragonfly
- ☐ 11. The scent of wildflowers
- ☐ 12. Seed heads and grasses
- ☐ 13. A snail or slug
- ☐ 14. A birds' nest
- ☐ 15. The sound of leaves rustling
- ☐ 16. A feather on the path
- ☐ 17. Moss or lichen on a tree or stone
- ☐ 18. A shady spot
- ☐ 19. A field full of buttercups
- ☐ 20. Sunlight sparkling on water
- ☐ 21. A distant view
- ☐ 22. The hum of insects
- ☐ 23. A four-leaf clover
- ☐ 24. A warm breeze
- ☐ 25. Fluffy seed blowing in the wind

- ☐ 26. A colourful wildflower
- ☐ 27. A family of ducks or geese
- ☐ 28. Ripe fruit or berries
- ☐ 29. The summer moon (day or night)
- ☐ 30. A friendly dog on a walk
- ☐ 31. A gate leading to somewhere new
- ☐ 32. An old tree with character
- ☐ 33. Shade on a hot day
- ☐ 34. A spider's web
- ☐ 35. Footprints in the mud or sand
- ☐ 36. Lavender or a herbal scent
- ☐ 37. A slow-moving cloud
- ☐ 38. The sound of water flowing
- ☐ 39. A bee hive or bug hotel
- ☐ 40. A sunflower
- ☐ 41. A kite or bird flying high
- ☐ 42. The taste of something seasonal
- ☐ 43. A picnic spot
- ☐ 44. The feeling of bare feet on grass
- ☐ 45. A rainbow
- ☐ 46. The first fireflies of the evening
- ☐ 47. A cow or horse in the field
- ☐ 48. A stone with a unique shape
- ☐ 49. A hedgerow full of life
- ☐ 50. Something that makes you smile



THE JOY
OF WALKING
IS IN THE
NOTICING



*Every step is a little adventure.
Every moment, a gift.*



Summer
Memories

50 Things to Notice on a Summer Walk

SLOW DOWN. LOOK CLOSELY.
THE BEAUTY IS ALL AROUND YOU.

Take time
to wander

1 A bee visiting
flowers


☐

2 A butterfly


☐

3 Birdsong


☐

4 Dappled
sunlight


☐

5 Interesting
clouds


☐

6 Wildflowers


☐

7 Tall grasses
in the breeze


☐

8 A ladybird


☐

9 The scent of
summer


☐

10 A shady tree


☐

11 Reflections
in water


☐

12 A feather


☐

13 A dragonfly


☐

14 Wild
berries


☐

15 A snail


☐

16 Sunshine
on leaves


☐

17 A country
gate


☐

18 A distant
view


☐

19 Clover
flowers


☐

20 A friendly
dog


☐

21 Bees buzzing


☐

22 Butterflies
or moths


☐

23 Birds on a
branch


☐

24 A winding
path


☐

25 Something
that makes
you smile


☐

26 Poppies


☐

27 A stone
with character


☐

28 The sound
of water


☐

29 Pinecones
or cones


☐

30 A summer
moon (day
or night)


☐

31 A fence lined
with flowers


☐

32 Thistles


☐

33 Strawberries
(or wild fruit)


☐

34 An insect on
a leaf


☐

35 A peaceful
spot to rest


☐

36 Trees swaying
gently


☐

37 A field of
gold


☐

38 The chirp
of crickets


☐

39 Yellow
flowers


☐

40 A rainbow
after rain


☐

41 A lake, sea
or river


☐

42 Something
new to you


☐

43 The warmth
of the sun


☐

44 A bird's
nest


☐

45 Lavender
scent


☐

46 A leafy
canopy


☐

47 A beautiful
door or window


☐

48 A dragonfly
dancing


☐

49 Your own
reflection


☐

50 Gratitude
for today


☐

The best
adventures
are the ones
that help us
see the beauty
close to home.

Remember...

There is no rush. No destination.
Just you, the path ahead
and the wonders waiting to be noticed.





Summer Nature SCAVENGER HUNT



Take a walk, explore and see how many things you can find. Look closely, enjoy the adventure and have fun!

☐  Daisy	☐  Clover	☐  Feather	☐  Wildflower	☐  Butterfly	☐  Bumblebee
☐  Ladybird	☐  Bird nest	☐  Oak leaf	☐  Pinecone	☐  Smooth stone	☐  Moss
☐  Wild blackberry	☐  Seed head	☐  Snail shell	☐  Ant	☐  Tree bark	☐  Grasshopper
☐  Cloud shape	☐  Sunny shadow	☐  Something red	☐  Something round	☐  Something soft	☐  Something that smells nice
☐  Bird in a tree	☐  Lichen	☐  Yellow flower	☐  Water	☐  Footprints	☐  Something that makes you smile

My Favourite Find



Where did you go?



Nature Note

The more time we spend in nature, the more we notice.
The more we notice, the more we fall in love with it.



TIP: Take a camera or your nature journal to capture your treasures and memories.





Summer Walk Reflection

A MOMENT TO PAUSE, NOTICE
AND APPRECIATE

*A walk is more than just the miles we cover.
It's a chance to slow down, breathe deeply
and reconnect with the beauty around us
and within us.*



SLOW DOWN

BREATHE DEEPLY

BE PRESENT

📍 Where did you walk today?

🌿 What did you notice?

❤️ How did you feel
before your walk?

💚 How did you feel
after your walk?

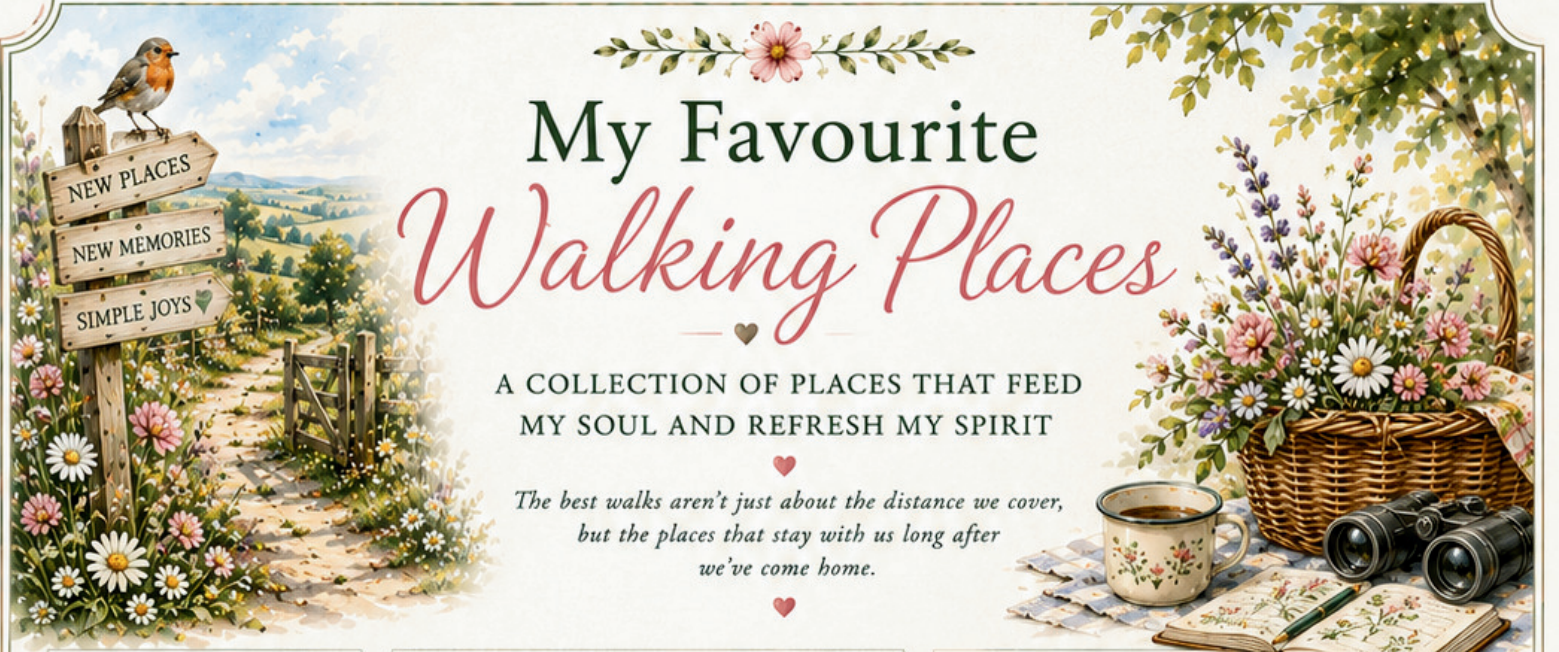
🌸 What was the most beautiful thing you saw?

🌿 What did you hear?

❤️ What are you grateful for
from this walk?



*Take only memories,
leave nothing but
footprints and kindness.*



My Favourite Walking Places

A COLLECTION OF PLACES THAT FEED MY SOUL AND REFRESH MY SPIRIT

The best walks aren't just about the distance we cover, but the places that stay with us long after we've come home.

Location:

Why I Love It: ♥

Best Time To Visit:

My Rating:

Date Discovered:



Location:

Why I Love It: ♥

Best Time To Visit:

My Rating:

Date Discovered:



Location:

Why I Love It: ♥

Best Time To Visit:

My Rating:

Date Discovered:



Location:

Why I Love It: ♥

Best Time To Visit:

My Rating:

Date Discovered:



What makes a place your favourite?

How do these places make you feel?

A moment I want to remember from one of my walks...

SOMETIMES THE MOST BEAUTIFUL PLACES ARE THE ONES THAT REMAIN CLOSE TO OUR HEART.

Collect places, not things.
Collect memories, not miles.
Collect moments that matter.



Summer Photography CHALLENGE

Capture the beauty of summer, one photo at a time. Look closely, get creative and tell the story of your walks.



1. MORNING LIGHT

Capture the soft beauty of morning.



Notes:



2. WILDFLOWERS

Photograph wildflowers up close or in a meadow.



Notes:



3. WATER REFLECTIONS

Find a lake, river, pond or puddle and capture the reflections.



Notes:



4. POLLINATORS

Spot and photograph bees, butterflies or other lovely pollinators.



Notes:



5. A SHADY TREE

Find a beautiful tree and capture its shade and character.



Notes:



6. CLOUDS

Look up and capture the shapes, patterns and mood of the sky.



Notes:



7. SUNSET

End the day by capturing the colours and magic of sunset.



Notes:



8. SEASONAL TREATS

Photograph summer's delicious finds – berries, fruit, or garden treats.



Notes:



MY FAVOURITE PHOTO FROM THIS MONTH

What I love about this photo: _____

Where it was taken: _____

Date: _____



Collect moments. Capture beauty. Create memories. ♥

PHOTOGRAPHY TIPS

- ♥ Look for natural light.
- ♥ Get close to your subject.
- ♥ Use leading lines.
- ♥ Try different angles.
- ♥ Take your time and enjoy the moment.
- ♥ The best photos tell a story.

25 Summer Walk Ideas

SIMPLE IDEAS FOR EVERY KIND
OF SUMMER DAY

*There's always a reason to go for a walk.
Pick an idea, lace up your shoes and
enjoy the adventure.*



1. Village Walk

Stroll through charming streets, admire cottages and say hello to the locals.



2. Beach Walk

Feel the sand between your toes, breathe in the sea air and listen to the waves.



3. Woodland Walk

Lose yourself among the trees, listen to birdsong and enjoy the cool, dappled shade.



4. Canal Walk

Follow the water's edge, watch the boats go by and enjoy the peaceful pace.



5. Wildflower Walk

Seek out colourful blooms and discover the beauty of summer meadows.



6. Sunrise Walk

Rise early and greet the day as the world wakes up around you.



7. Evening Walk

Unwind as the day ends and enjoy the soft light of the golden hour.



8. Walk After Rain

Enjoy the fresh, clean scents and sparkle of raindrops on leaves.



9. Berry-Picking Walk

Find wild berries along the way and enjoy a sweet, seasonal treat.



10. Photography Walk

Take your camera or phone and capture the little details that catch your eye.



11. Countryside Walk

Wide open spaces, big skies and the simple joy of nature.



12. Farm Walk

Visit local farms, say hello to the animals and enjoy rural life.



13. Picnic Walk

Pack a picnic and find a beautiful spot to pause and enjoy.



14. Hilltop Walk

Climb higher for breathtaking views and a feeling of achievement.



15. Riverside Walk

Follow the river's flow, listen to the water and feel instantly calmer.



16. Garden Walk

Visit a garden or arboretum and soak up floral inspiration.



17. Cliff Top Walk

Breathe in the sea air and take in stunning coastal views.



18. Forest Trail

Follow a winding trail and discover hidden corners of the forest.



19. Book & Walk

Take a book, find a quiet place and enjoy a chapter or two outdoors.



20. Moonlight Walk

Step out under the stars and enjoy the magic of a summer night.



21. Fragrant Walk

Seek out lavender, honeysuckle and other beautiful summer scents.



22. Butterfly Walk

Look for butterflies and learn more about these delicate beauties.



23. Birdsong Walk

Listen for birds, learn their songs and enjoy the summer soundtrack.



24. History Walk

Explore local history, old buildings and fascinating stories.



25. Barefoot Walk

Kick off your shoes and feel the grass, sand or earth beneath your feet.

A LITTLE REMINDER

You don't need to go far to have a wonderful walk.

The best adventures are often right on your doorstep.

Choose a walk. Take the time. Make the memories.



Summer Sensory Walk

OPEN YOUR SENSES AND EXPERIENCE
THE BEAUTY OF THE SEASON

*Slow down, breathe deeply and notice the little
details that make summer so special.
Use this page to capture the sights, sounds,
scents and feelings from your walk.*



WHAT CAN YOU HEAR?

*Close your eyes for a moment.
What sounds can you hear?
Birdsong, buzzing bees, rustling
leaves, flowing water...*



WHAT CAN YOU SMELL?

*Take a deep breath.
What scents are in the air?
Flowers, trees, fresh grass,
sun-warmed earth...*



WHAT CAN YOU FEEL?

*Notice the sensations around you.
The warmth of the sun, the cool
breeze, textures of leaves, bark,
stone or wildflowers...*



WHAT CAN YOU SEE?

*Look around you. What catches your eye?
Colours, shapes, patterns and movement...*



WHAT COLOURS ARE AROUND YOU?

*Take a moment to notice the colours of summer.
Bright, soft, bold or subtle?*



WHAT SOUNDS DEFINE THIS SEASON?

*What are the sounds you most associate with summer?
Make a list or describe them here.*



A GENTLE
REMINDER

*The more we slow down
and notice, the more
beauty we find.
Every walk is
a chance to
reconnect with
nature and
ourselves.*



HOW DID TODAY'S WALK MAKE YOU FEEL?



*Take only
memories,
leave only
footprints.*



ONE WORD TO DESCRIBE TODAY



BE PRESENT. BE CURIOUS. BE GRATEFUL.



Summer Evening Walk COLLECTION

THERE IS MAGIC IN THE EVENING HOURS

*As the day softens and the pace slows,
step outside and embrace the quiet beauty
of a summer evening.*



THINGS TO ENJOY ON YOUR SUMMER EVENING WALK

☐ Watch the sunset



☐ Walk through golden fields



☐ Listen to the last birdsong of the day



☐ Look for bats as the light fades



☐ Notice the moon



☐ Smell the evening flowers



☐ Enjoy the peace and quiet



What was the highlight of your evening walk? ♥ _____

EVENING NATURE SPOTTING

See how many you can find!



☐ Bat



☐ Owl



☐ Firefly



☐ Moth



☐ Moon



☐ Shooting star



☐ Deer



☐ Hedgehog

EVENING SENSATIONS



What can you hear?



What can you smell?



What can you feel?



What can you see?



What does the evening make you feel?

EVENING WALK JOURNAL

Date: _____

Time: _____

Location: _____

Weather: _____



Highlights:

A moment I want to remember:



EVENING REFLECTION

How did this walk help you today?

What are you grateful for?

What will you carry with you from this moment?

THE BEST MEMORIES ARE MADE IN THE SIMPLE MOMENTS. ♥





SUMMER MEMORIES COLLECTION

SOME MEMORIES ARE WORTH
HOLDING ON TO FOREVER.

*Take a moment to capture your
favourite memories from your
summer walks.*



♥ MY FAVOURITE SUMMER WALK MEMORY

Write about one of your most special walks.

WORDS THAT DESCRIBE
MY SUMMER

♥

♥

♥

♥

♥

♥

SOMETHING NEW I DISCOVERED ♥

A PLACE



A PLANT OR FLOWER



SOMETHING ABOUT MYSELF



MY SUMMER WALK HIGHLIGHTS ♥



I AM THANKFUL FOR...



A PHOTO I LOVE
AND WHY ♥



A NOTE TO MY FUTURE SELF



♥ KEEP WALKING. KEEP WONDERING. KEEP MAKING MEMORIES. ♥



Summer Walk Reflections

LOOK BACK. APPRECIATE. LOOK FORWARD.

Every walk leaves a trace.
Take time to celebrate your favourite
moments, lessons and discoveries
from this summer.



MY TOP 3 FAVOURITE WALKS

What made each one special?

1

2

3



WHAT I DISCOVERED

New places, nature,
interesting facts or
little surprises...



WHAT I LEARNED

About nature, myself
or the world around me...



MOMENTS THAT MADE ME SMILE

Big moments or tiny ones – they all count!



PEOPLE, PLACES OR THINGS I'M GRATEFUL FOR

Thank you, summer.



MY SUMMER IN THREE WORDS

1.

2.

3.



A DRAWING OF A SPECIAL MEMORY



WHAT I WANT MORE OF

More of what makes
me feel happy,
calm and alive.



LOOKING AHEAD

What adventures are
waiting for me next?



A PROMISE TO MYSELF

One small thing I will do to care for
myself and the planet.



A NOTE TO FUTURE ME

Read this next
summer and
remember...



WELL DONE!

You've captured the
beauty for summer
one walk at a time.
Keep walking.
Keep wondering.
Keep growing.



Thank you, summer, for the memories. See you on the next adventure!

BONUS PAGE

SUMMER

Walking Journal

CAPTURE THE MOMENTS. CHERISH THE MEMORIES.



TODAY'S WALK

Date: _____

Time: _____

Location: _____

Weather: _____



HOW DID THIS WALK MAKE YOU FEEL?



HIGHLIGHTS OF TODAY

1. _____
2. _____
3. _____
4. _____
5. _____



WHAT I SAW

Plants, animals, people, places, little details...



A MOMENT TO REMEMBER (DRAW, SKETCH OR ADD A PHOTO)



WHAT I HEARD, SMELLED AND NOTICED

 Sounds _____

 Scents _____

 Details I Noticed _____



GRATEFUL FOR



A LESSON OR THOUGHT FROM TODAY'S WALK



ONE WORD TO DESCRIBE MY WALK



FAVORITE PHOTO OR MEMORY (PASTE OR DRAW HERE)



NOTES & REFLECTIONS



Every step is a memory in the making.