



AN AUTUMN EVENING OFF-SCREEN

Put the phone down. Let the evening unfold.



CHOOSE SOMETHING COSY

Make a warm drink
Light the fire
or a candle
Wrap up in a blanket
Sit somewhere
comfortable
Make the room
feel warm
and welcoming



CHOOSE SOMETHING CREATIVE

Bake something
Draw or paint
Journal
Knit or crochet
Write
Play music
Make something
with your hands



CHOOSE SOMETHING CONNECTING

Play cards or a game
Cook together
Take an evening walk
Talk and really listen
Tell stories
Call or write
to someone
Share time
around the table



CHOOSE SOMETHING RESTFUL

Read a book
Take a bath
Listen to music
Stretch or rest
Sit quietly
Go to bed early
Simply
do less

Tonight...



I'm putting away... _____



Something I'd like to do... _____



Something lovely to eat or drink... _____



Someone I'd like to spend time with... _____



How I'd like this evening to feel... _____

*You don't need to fill the evening.
Leave some room for nothing much at all.*



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Put the phone down. Let the evening unfold.

YOUR EVENING MENU



CHOOSE SOMETHING COSY

*A blanket • Light the fire or a candle • Make a warm drink
Curl up somewhere comfortable*



CHOOSE SOMETHING CREATIVE

*Bake • Draw • Journal • Knit • Mend something
Write • Play music • Make something*



CHOOSE SOMETHING CONNECTING

*Play cards • Cook together • Take a walk • Call somebody
Tell stories • Sit around the table a little longer*



CHOOSE SOMETHING RESTFUL

*Read • Take a bath • Stretch • Listen to music
Go to bed early • Sit quietly • Do less*

Tonight...



I'm putting away...



Something I'd like to do...



Something lovely to eat or drink...



Someone I'd like to spend time with...



How I'd like this evening to feel...

*You don't
need to fill
the evening.
Leave some room
for nothing
much at all.*

