



Our Little House
IN THE COUNTRY

A Lovely Autumn Weekend

FROM FRIDAY EVENING TO SUNDAY NIGHT

LITTLE IDEAS FOR SLOWING DOWN
AND ENJOYING THE SEASON

*This isn't
an itinerary.*

These are just ideas
to help you create
a weekend that feels
good for you.
Pick a few favourites,
change them completely
or simply enjoy the
inspiration.

Friday Evening

LET THE WEEK END



- Make dinner easy – pizza, burgers, a takeaway or something that's been bubbling in the slow cooker.
- Light the fire or put on the lamps and candles.
- Pour a glass of wine and make something warm or open a favourite treat.
- Change into comfortable clothes (embarrassingly early).
- Put work, jobs and the week's unfinished business away.
- Watch something everybody actually wants to watch.

Saturday Morning

TAKE YOUR TIME



- Have breakfast slowly – coffee, toast, pastries, whatever feels like Saturday.
- Stay in your pyjamas longer than strictly necessary.
- Open the windows and let the cool autumn air through.
- Put fresh sheets on the beds.
- Potter around the kitchen with the radio or music on.
- Make a loose plan for the day without scheduling every minute.

Saturday Afternoon

GET OUT INTO AUTUMN



- Take a long walk somewhere beautiful.
- Visit a market, garden centre, little town or favourite café.
- Collect apples, leaves, conkers or a few interesting branches.
- Stop somewhere for coffee rather than rushing home.
- Take photographs of the season simply because it's beautiful.
- Come home cold enough to properly appreciate being warm again.

Saturday Evening

STAY IN



- Cook something comforting that can take its time.
- Put the lamps on before darkness properly falls.
- Have a long shower or bath while dinner cooks.
- Eat somewhere other than in front of a screen.
- Watch a film, play a game or simply sit and talk.
- Make something lovely for later – hot chocolate, apple crumble, popcorn...

Sunday Morning

MAKE IT SLOW



- Have a leisurely breakfast in your pyjamas.
- Make a proper pot of coffee or tea.
- Read, listen to the radio or simply sit for a while.
- Take a morning walk while everything still feels quiet.
- Bake something for later.
- Resist starting Monday before Sunday has even properly begun.

Sunday Afternoon & Evening

COME HOME TO THE WEEK



- Make a Sunday dinner or something warm and comforting.
- Put things gently back in order – without turning Sunday into an admin day.
- Get outside once more before it gets dark.
- Settle in early with lamps, blankets and something good to watch.
- Put one small thing in place that will make Monday easier.
- Let the weekend finish before you start worrying about the week ahead.

*The point isn't to fit everything in.
It's to make a little room for the weekend
you actually want.*

ourlittlehouseinthecountry.com



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IN THE COUNTRY

My Autumn Weekend

MY IDEAS, PLANS AND LITTLE
MOMENTS TO MAKE IT SPECIAL

How to use this page

- 1 Look at the ideas on the first page.
- 2 Choose the ones that appeal to you (or use your own ideas).
- 3 Write them into each section below.
- 4 Keep it somewhere visible and let it remind you to make time for the little things.

Friday Evening

♥ How do I want to end the week?

Saturday Morning

♥ How would I like the weekend to begin?

Saturday Afternoon

♥ Where would I like to go, what would I like to do?

Saturday Evening

♥ How do I want to spend the evening?

Sunday Morning & Afternoon

♥ What would make Sunday feel like Sunday?

Sunday Evening

♥ How do I want to end the weekend and ease into the week ahead?

If We Do Nothing Else...

One thing that would make this weekend feel lovely.
