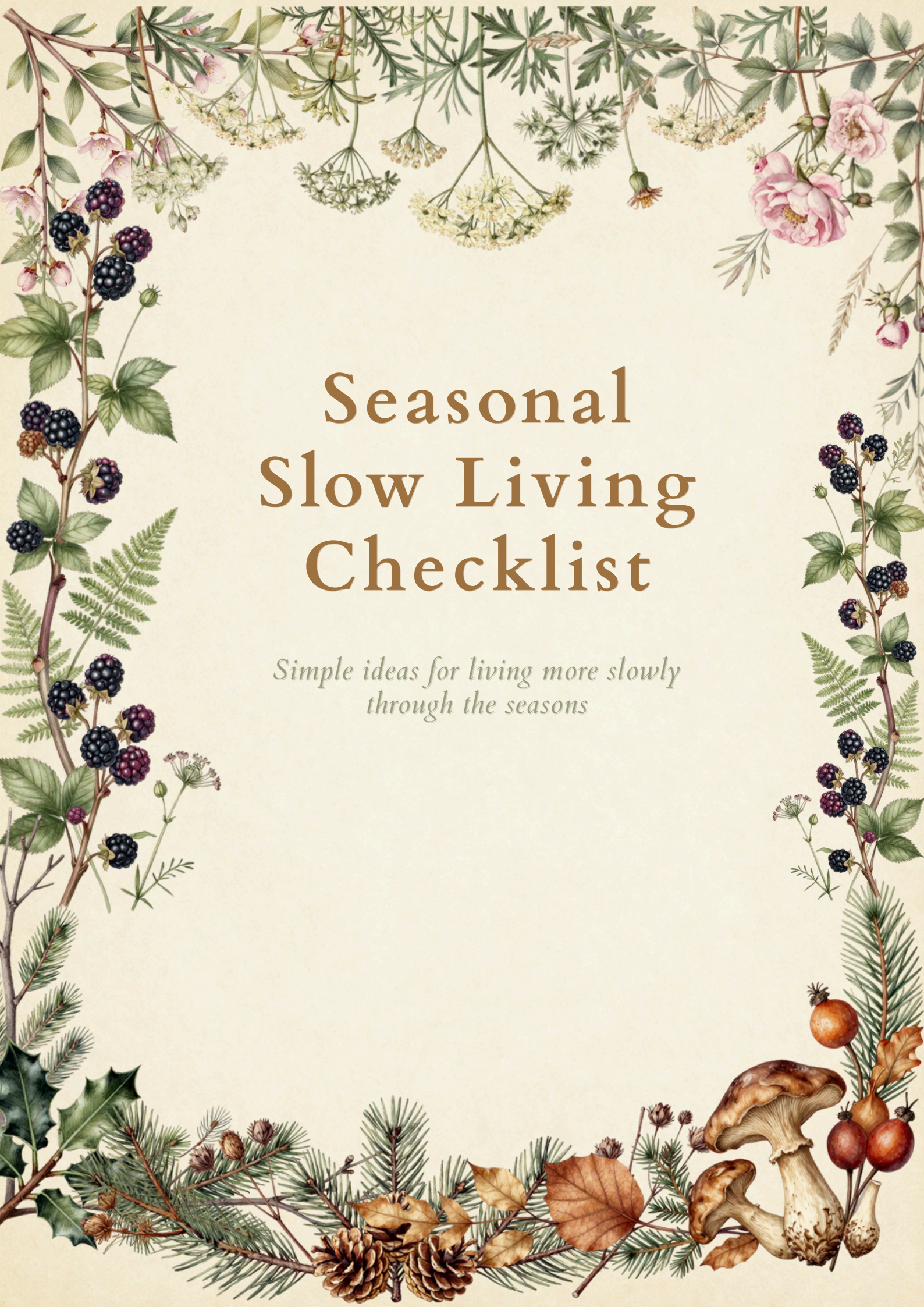


A detailed botanical illustration border surrounds the central text. The top border features various green leaves, small yellow flowers, and clusters of pink roses. The left and right borders are decorated with blackberry branches bearing green leaves and dark purple berries. The bottom border includes holly leaves, pine needles, brown pine cones, and several mushrooms, including a large boletus and some smaller ones, along with some red berries.

Seasonal Slow Living Checklist

*Simple ideas for living more slowly
through the seasons*



SPRING

- ❑ Open the windows and air the home
- ❑ Plant something you can watch grow
 - ❑ Take a walk somewhere new
- ❑ Bring seasonal flowers or greenery indoors
- ❑ Eat something that has just come into season
 - ❑ Start a small seasonal ritual
 - ❑ Clear one small area of clutter
- ❑ Spend an evening without screens
 - ❑ Notice the longer evenings
- ❑ Plan a picnic or simple outdoor lunch



SUMMER

- ☐ Eat a meal outside
 - ☐ Pick or buy seasonal berries
 - ☐ Spend an evening outdoors
 - ☐ Visit a local market or farm shop
 - ☐ Take a slow walk without a destination
 - ☐ Dry herbs or flowers
 - ☐ Have a screen free afternoon
 - ☐ Swim or spend time near water
 - ☐ Make something with summer produce
 - ☐ Watch the sunset
- 
- 



AUTUMN

- ☐ Take a woodland walk
- ☐ Gather fallen leaves, conkers or natural finds
- ☐ Cook something warming from seasonal produce
 - ☐ Light a candle in the evening
 - ☐ Make time for a quiet hobby
- ☐ Prepare the home for colder days
- ☐ Spend an evening reading instead of scrolling
 - ☐ Make one simple autumn tradition
- ☐ Visit a local orchard or autumn market
 - ☐ Notice the changing colours outside





WINTER

- ☐ Cook a slow, warming meal
- ☐ Make the home feel cosy with soft lighting
 - ☐ Take a crisp winter walk
 - ☐ Spend an evening without your phone
- ☐ Write down something you want less of next year
 - ☐ Make something by hand
 - ☐ Enjoy a hot drink slowly
- ☐ Spend time outside on a bright winter day
 - ☐ Create a simple evening ritual
- ☐ Rest without feeling the need to be productive

Free resource from Slow Living Market

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