



SLOW WEEKEND IDEAS

Simple ways to slow down, switch off and enjoy your time

- ☐ Take a walk without a destination
- ☐ Sit outside with a drink and do nothing for a while
- ☐ Make breakfast slowly and sit down to enjoy it
- ☐ Try a simple craft or make something by hand
- ☐ Visit a local market, farm shop or independent café
- ☐ Have a screen free afternoon
- ☐ Spend an hour reading without your phone nearby
- ☐ Notice something in nature you would normally walk past
- ☐ Cook something using seasonal ingredients
- ☐ End the day with a bath, candle or quiet evening ritual