

Go and see what autumn is doing

No miles. No money. No need to do the whole list.



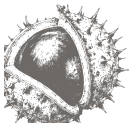
- [ ] **Find one tree you like**
  What colour are its leaves today?



- [ ] **Take the long way home**
  Even five extra minutes counts.



- [ ] **Look for three signs of autumn**
  A conker, a berry, a changing leaf…



- [ ] **Stand still and listen**
  Birds, wind, rain, or just quiet.



- [ ] **Watch the sky for a minute**
  Clouds can be the whole activity.



- [ ] **Visit a patch of green**
  A park, churchyard, garden or woodland path.



- [ ] **Take a photo of a tiny detail**
  Moss, bark, a leaf with holes in it.



- [ ] **Go outside after the rain**
  Notice the smell and the shine on the pavement.



One thing I noticed…





A photo or sketch is plenty. Leave wildlife and growing things where they live.