AUTUMN NATURE RESET

Small ways to reconnect with the season, without adding to your to-do list.



Take a slow leaf-spotting walk



Make a cosy drink with a seasonal herb or spice



Sit outside for ten quiet minutes



Gather fallen leaves, acorns or conkers



Notice the sunset, moon or changing light

Small moments count. Rest is productive too.

The Rebel Housewife - Find me at therebelhousewife.co.uk

LOW-ENERGY AUTUMN DAY

The Rebel Housewife - Find me at therebelhousewife.co.uk

A gentle plan for when your energy is running low.

CHOOSE ONE

- Open a window or step outside for two minutes.
- Make something warm to drink.
- Put on comfortable clothes.
- Rest without explaining why.

IF YOU HAVE A LITTLE MORE

- Take a short, slow walk.
- Do one tiny household task, then stop.
- Message someone who makes you feel held.

TONIGHT

- Notice one thing you managed today.



A low-energy day is still a real day.
Be kind to yourself.

AUTUMN SENSORY SCAVENGER HUNT

The Rebel Housewife - Find me at therebelhousewife.co.uk

A slow noticing game for an ordinary autumn walk.

- Find something golden
- Find something crunchy
- Find something soft
- Find something that smells earthy
- Find something shaped like a star
- Find something still
- Find a sound you usually miss
- Find one tiny detail worth remembering

You don't need to go far.
Nature is waiting in the smallest places.

AUTUMN PERMISSION SLIP

The Rebel Housewife - Find me at therebelhousewife.co.uk

This season, you are allowed to...

- Slow down.
- Say no without a long explanation.
- Leave something until tomorrow.
- Take a walk with nowhere to be.
- Buy the easy dinner.
- Rest before you have earned it.
- Enjoy something that serves no purpose.
- Change your mind.

You are a person, not a machine.
The season can hold you too.





AUTUMN NATURE WALK BINGO

The Rebel Housewife - Find me at therebelhousewife.co.uk

Notice what you find. No rushing, no winning. No need to finish the whole page.

A red leaf 	A feather 	A puddle 
An acorn 	A bird 	A spider web 
A mushroom 	A golden tree 	A quiet place 

Circle, tick or colour each one as you go.

The point is not the list.
The point is being there.

THE FIVE-MINUTE GARDEN PAUSE

The Rebel Housewife - Find me at therebelhousewife.co.uk

A tiny outdoor reset for busy days.



1. Step outside, even if it's just by the door.
2. Feel your feet on the ground.
3. Notice three colours around you.
4. Listen for one nearby sound and one faraway sound.
5. Take one slow breath before you go back inside.

No gardening, tidying or achieving required.

Five quiet minutes can be enough to change the shape of a day.

MAKE A LEAF & TWIG MANDALA

A tiny seasonal ritual for slow hands and a quieter mind.

The Rebel Housewife - Find me at therebelhousewife.co.uk



YOU'LL NEED:

You'll need: fallen leaves, small twigs, acorns or conkers, and a quiet patch of ground or a sheet of paper.

1. Gather a few fallen treasures on a gentle walk.
2. Start with a small circle, then arrange your leaves and twigs outwards.
3. Notice the colours, textures and shapes. Leave it outside for others to find, or bring it home.



There's no perfect pattern.
Just make a little space to breathe.

MAKE A PINECONE BIRD FEEDER

A small kindness for the garden,
made slowly.

The Rebel Housewife - Find me at therebelhousewife.co.uk



YOU'LL NEED:

You'll need: a pinecone, bird seed, nut butter or softened coconut oil, string, and a spoon.



1. Tie a loop of string around the pinecone.
2. Spread on the nut butter or coconut oil, then gently press it into bird seed.
3. Hang it somewhere you can watch the birds visit.





You don't have to do everything.
One small act of care is enough.

PRESS AUTUMN LEAVES

Keep a little piece of the season for a quiet moment later.

The Rebel Housewife - Find me at therebelhousewife.co.uk



YOU'LL NEED:

You'll need: fallen leaves, paper, a heavy book, and a piece of card or a notebook.



1. Choose a few leaves with interesting colours and shapes.
2. Place them between sheets of paper inside a heavy book.
3. Leave them to flatten, then use them in a card, journal or little picture.



You're allowed to make something just because it feels lovely.

CREATE A NATURE GRATITUDE JAR

The Rebel Housewife - Find me at therebelhousewife.co.uk

A tiny place to collect
the good things you notice.



YOU'LL NEED:

You'll need: a clean jar, scraps of paper, a pen, and a few autumn leaves or twigs for decoration.

1. Write one small thing from nature that made you pause today.
2. Fold it and place it in the jar.
3. Add a note whenever you notice something lovely, however ordinary.

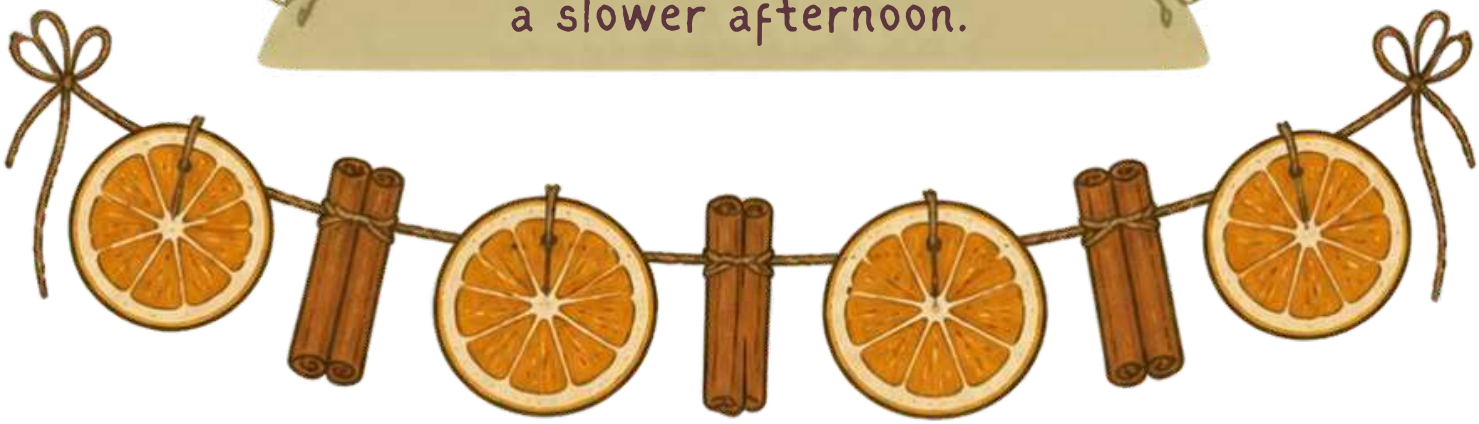


Small joys are still worth gathering.

MAKE A CINNAMON ORANGE GARLAND

The Rebel Housewife - Find me at therebelhousewife.co.uk

A warm, fragrant craft for a slower afternoon.





YOU'LL NEED:

You'll need: dried orange slices, cinnamon sticks, string, and a wooden spoon or blunt pencil.

1. Thread the orange slices and cinnamon sticks onto the string.
2. Leave spaces between each piece so the shapes can be seen.
3. Hang your garland in the kitchen or a cosy corner.



Let your home hold a little seasonal magic for you.

PAINT AN AUTUMN PEBBLE

The Rebel Housewife - Find me at therebelhousewife.co.uk

A pocket-sized reminder to pause, notice and breathe.



YOU'LL NEED:

A smooth clean pebble, acrylic paint or pens, and a small brush.

1. Paint a simple leaf, moon, mushroom or cosy word on your pebble.
2. Let it dry while you enjoy a cup of tea or look out of the window.
3. Keep it in your pocket, garden or beside the kettle as a gentle reminder.



It doesn't need to be perfect to be yours.