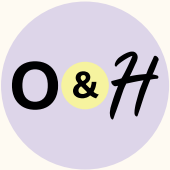


A Month of More Time in Nature this October

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 Go for a morning walk or step outside for fresh air if busy.	2 Sit outside with a warm drink and listen to the birds.	3 Go to a weekend farmers' market.
4 Find a big, beautiful tree in your local area.	5 Go for a lunchtime walk to clear your head.	6 Watch the sunset outside.	7 Photograph the same flower at different times of day.	8 Have a stargazing evening.	9 Take an everyday activity onto the patio or balcony if possible.	10 Rake leaves and tidy up the backyard.
11 Visit a nearby park or nature trail.	12 Bring some fall spices and scents into your home.	13 Assemble a fall-inspired bouquet of flowers for the house.	14 Go on an evening photography walk.	15 Record nature sounds in the backyard.	16 Walk on fallen leaves and listen to the crunch.	17 Visit a corn maze.
18 Go to a body of water to walk, reflect, and take in nature.	19 Go in the backyard or a nearby park and listen to the birds.	20 Go for a walk with a walking group.	21 Visit a pumpkin patch.	22 Go for a longer walk than usual.	23 Get an indoor plant.	24 Visit a park with fall foliage.
25 Go to a garden center just to browse.	26 Draw or sketch tree branches with pencil or charcoal outside.	27 Record sunlight filtering through the trees on your phone.	28 Put up fairy lights on your porch, balcony, or around the patio for ambiance when sitting outside.	29 Make a pinecone or fall-themed wreath for your front door.	30 Collect and press some fall leaves.	31 Go for a local Halloween walk in your area.