



Go on a nature walk and notice the colors changing.



Try a short family meditation (search Meditate with Jamie on YouTube)



Do a random act of kindness — bake for a neighbor, share apples, or donate.



End the season with a gratitude night: everyone shares their favorite moment.

GRATITUDE LIST

- ♡ _____
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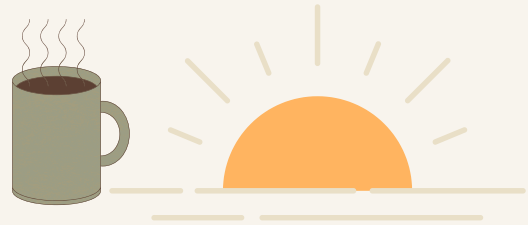
Write gratitude notes and hang them on a "thankful tree."



Fall Bucket List



Make leaf rubbings or pressed-leaf art.



Watch the sunset together with hot cocoa.

Have a screen-free game night with candlelight.



Bake something cozy — apple crisp, pumpkin bread, or muffins.



Visit a pumpkin patch and take silly family photos.

