

Welcoming a Shift in Seasons

*Begins With
our Mindset*

AND MOVES INTO OUR HOMES

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Our Mindset

Finding joy in the season you're in. Not always easy, I understand, but this is to encourage you.

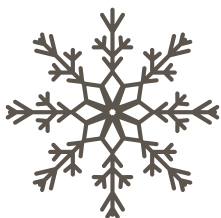
Find Joy Find things that make you smile about the upcoming season

Preparing



Before a shift in seasons I always do the following to prepare. These things have helped me move into new seasons with joy instead of dread.

1. Release what no longer serves me-every season I make a list and let go of the stuff that weighs me down.
2. I change out our clothing as needed, with that said I don't completely clear out one season into the next as the weather can always shift here.
3. List what I love about the season to come
4. Deep clean
5. Look at seasonal foods to add into our routine
6. Pull out books for the new season or have the library hold books for me.
7. I look at what supplements I'm taking and add or takeaway as needed. In winter it's always a good idea to make sure you're getting enough Vit D and B.



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Some ideas to mix up winter play and keep things interesting

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Note-I believe in just being with our children, in creating with what we have. I believe that magic lies in the mundane and that children do not need all the latest and greatest to be happy. We create our child's expectations. Keep it simple.

Look for tracks to see who is out and about in winter. No snow, no worries. Look in the mud, sand...



Make a footprint maze in the snow or a follow the tracks trail.



Winter forts-always a hit. Don't have snow, gather branches or anything else you can and create. Sometimes I'll leave a pile of tree boughs and sticks and I'm always amazed at the ideas my daughter has.



Freeze water and earth friendly glitter in balloons. Then hide around the yard.



You can't buy love. You can't buy time. You can be present even if it's for 20 minutes here and there.

Ice painting! You can create a slab of ice by freezing water on a baking sheet. Grab your paints and head outside. This can also be done inside.



Just a reminder- These activities are ideas to spark joy when things are feeling a little off. I don't create my daughter's daily play, she has a huge imagination and that guides us, but there are times we both need a pick me up.



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Go for a hike! Take a drive to change up the scenery. Pack a lunch and extra clothes and find a new spot to explore. Might even be a park, but a change in scenery makes all the difference.

Make snow cookies! I saved the spices I used to make chai, grabbed some cookie cutters and outside we went.



Freeze oranges and seeds in water for beautiful ice sun catchers. The birds love the treats that fall to the ground as these melt.



Suet Seed Bird Treat

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You'll Need

Coconut oil

Suet

Raw peanut butter

Birdseed mix or a mix of raw
nuts and dried fruit

Donut pan/muffin pan or...



How To

Melt the following on the stove while stirring often

1/2 cup coconut oil

1/2 cup suet if you don't want to use suet you can increase the amount of coconut oil

1/2 cup raw peanut butter

Once the above is melted you can pour into a large bowl and add seeds. You'll add about 2 to 3 cups of seeds. It all depends on what you use so start small and add as you go. You want the mix to be a little wet, but not soupy. Don't worry it's forgiving, you can always add more fat or oil if you overdue the seeds.

Stir everything together and pour into donut pan or something with small portions. If you use a donut pan you don't have to make a hole or press string in when it's wet.

Put it fridge or freezer and wait about 20 minutes. When they are solid use warm water on backside of pan. I used a donut pan so I let the water fall on one donut at a time with my hand on other side to catch the seed donut as it fell.

If you use a donut pan you can place these right on a small branch or use string to hang!

Hang in trees and watch the birds enjoy



Simplicity is key

I WOULD LOVE TO SEE IF
YOU TRY ANY OF THE FUN.
YOU CAN TAG ME ON IG AND
I'LL SHARE IN MY STORY

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