

Low-Stimulation Activities -October

30 gentle activity ideas to try for calmer summer days

1.

Collect Autumn Leaves


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2.

Draw your favourite animal


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3.

Build a cosy den


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4.

Make a warm drink together


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5.

Autumn treasure hunt


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6.

Listen to calming music


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7.

Autumn colouring


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8.

Watch the garden


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9.

Read under a blanket


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10.

Make apple slices


☐

11.

Draw a silly monster


☐

12.

Listen to the rain


☐

13.

Do a favourite puzzle


☐

14.

Sort leaves by colour


☐

15.

Teddy bear picnic


☐

16.

Make a quiet playlist


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17.

Bubble play


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18.

Make leaf rubbings


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19.

Make a simple snack


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20.

Cosy torch reading


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21.

Quiet Autumn walk


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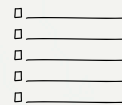
22.

Paint with autumn colours


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23.

Make a "things I like" list


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24.

Watch a favourite film


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25.

Make an Autumn sensory tray


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26.

Sing favourite songs


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27.

Build something with blocks/lego


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28.

Look at the moon or stars


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29.

Make a kindness card


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30.

Cosy evening


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31.

Pumpkin drawing



Favourite activity



Remember...



Today's win