



FOLLOW FLEURS FOREVER

GROW SOMETHING BEAUTIFUL

SEASONAL COLOUR, CALM & CONNECTION

Gentle creative prompts for
Spring, Summer, Autumn and Winter.

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Creativity through the seasons

Nature does not ask every season to look or feel the same. Our energy, routines and creative needs can change too. This guide offers gentle seasonal prompts rather than another timetable to keep up with.

Notice the season. Choose what you need. Create at your own pace.

Spring - renewal and possibility

Fresh greens, daffodil yellows, blossom pinks and clear whites can bring a feeling of lightness and new beginnings.

- Create a small windowsill arrangement.
- Refresh an existing wreath with spring flowers.
- Choose one creative idea you would like to nurture.

Summer - expression and connection

Bright florals, garden greens and joyful mixed colour invite playfulness, sociability and creativity without overthinking.

- Make outside or near an open window.
- Create with a friend and share materials.
- Try one colour combination you would normally avoid.

Autumn - grounding and letting go

Rusts, oranges, berries, warm neutrals and deep greens can create a cosy, grounded atmosphere as routines and landscapes change.

- Create a seasonal wreath or table arrangement.
- Reuse a base or container you already own.
- Write down one thing you are ready to simplify.

Winter - comfort and gentle light

Evergreen tones, soft whites, metallic touches and warm reds can help make darker days feel more comforting and connected.

- Make a simple decoration while listening to familiar music.
- Create something small as a thoughtful gift.
- Choose materials slowly and take breaks when you need them.

Your seasonal check-in

The season I feel most connected to today: _____

The colours I am drawn to: _____

What I need more of - calm, joy, balance, connection or something else:

One small seasonal make I could enjoy: _____

A material or item I can reuse: _____

Bloom in your own time. Small creative moments still count.

Continue your creative journey

Explore beginner-friendly DIY floral kits, seasonal workshops and online creative experiences at follow-fleurs-forever.com, or join the Fleurs Circle for news, gentle inspiration and future resources.

A gentle note

This guide shares general creative well-being ideas. It is not medical advice and is not a substitute for professional care. If you are worried about your physical or mental health, please speak to a qualified healthcare professional or visit the Support Resources page on our website.