



OAK & ROSE HOME



# *The Slow Sunday Reset*

A SOFT WAY TO BEGIN THE WEEK



*Five gentle steps for a Sunday afternoon,  
scattered around small people and their rhythms.*

1. Late morning —  
begin slowly with tea, candle, open window.
2. Early afternoon —  
reset the surfaces during nap or quiet play.
3. Mid-afternoon —  
plan your week gently.
4. Late afternoon —  
reset the kitchen as a future gift to yourself.
5. Evening —  
soften your surroundings with dim lights  
and screens off.

*Monday meets a softer mother.*



SLOW LIVING • WEEKLY RESET • SOFT HOMEMAKING