



FREE GUIDE

50 Cozy Fall Things To Do

Most of them are free. All of them are worth it.
Plus fall mocktails, game day dips, and a printable Fall Bingo card!

AMANDA MONGER • AMANDAMONGER.COM





A NOTE FIRST

Hi, I'm Amanda!

Every year I get to October and realize I let the whole season go by while I was busy. So I started keeping a list, and honestly it changed my falls completely.

Here's the thing I really want you to hear: **the best parts of fall are free.** Leaves, fires, walks, soup, and staying up too late with people you love. The stuff that costs money is fun too, and there's a whole page of cheap ones in here. But you do not need to spend a dime to have the coziest season of your life.

Pick five. That's it. Five things from this list, done on purpose, and you'll get to November feeling like you actually had a fall.

How to use this: print it, check things off, stick it on the fridge. Or screenshot the pages you like and keep them in your photos. There's a page at the back to write down your five, plus mocktail and dip recipes, and a Fall Bingo card for the fridge!

One small thing: nothing in this guide is a budget lecture. Some spending is just joy with a receipt. Buy the cider donuts 🍩



SECTION ONE

20 Free Favorites

Zero dollars. Every single one of these.

- ☐ Take the long way home just to look at the trees
- ☐ Find a local corn maze or hay ride (many are free to walk!)
- ☐ Do a leaf hunt and press the prettiest one in a book
- ☐ Have a fire and let everyone stay up too late
- ☐ Walk somewhere new with a coffee in your hand
- ☐ Open every window on the first cold morning
- ☐ Bake something that makes the whole house smell like fall
- ☐ Watch the sunset on purpose, not by accident
- ☐ Rewatch a Halloween movie you loved as a kid
- ☐ Rake a giant pile of leaves and jump in it. Yes, you.
- ☐ Go to a high school football game
- ☐ Take a photo walk and only shoot things that are orange
- ☐ Read an entire book in one weekend, guilt free
- ☐ Visit the library and get a stack of cozy books
- ☐ Have a soup night and invite one person
- ☐ Drive to the highest spot near you and look at the color
- ☐ Do the closet swap and donate what you didn't wear
- ☐ Make a fall playlist and play it every single morning
- ☐ Sit outside with a blanket until you're too cold
- ☐ Write down five things you're grateful for. Actually do it.



SECTION TWO

12 Under \$20

The little splurges that earn their keep. Prices are what I'd expect to pay, not what you have to spend!

- | | |
|--|-------------------|
| ☐ Pumpkin patch trip | \$5-15 |
| ☐ Apple picking (bring your own bag!) | \$10-20 |
| ☐ One really good candle | under \$10 |
| ☐ A new fall throw blanket from a thrift store | \$5-12 |
| ☐ Caramel apples made at home | about \$8 |
| ☐ Farmers market flowers for the table | \$8-12 |
| ☐ A new mug that makes you happy | \$5-10 |
| ☐ Hot chocolate bar supplies for a family night | about \$12 |
| ☐ Cider donuts. No notes. | \$6-10 |
| ☐ A \$10 scary movie and a big bowl of popcorn | \$10 |
| ☐ Fall nail color | \$8 |
| ☐ Cheap flannel from the thrift store | \$4-8 |

My rule: pick two or three of these for the whole season and do them properly, instead of half-doing all twelve. The pumpkin patch you actually went to beats the five you meant to go to.



SECTION THREE

10 Cozy Nights In

For the weeks when leaving the house is simply not happening.

- ☐ Sunday soup and a movie, phones in another room
- ☐ Bake and deliver something to one neighbor
- ☐ Puzzle night with my fall video playing (page 6!)
- ☐ Journal by candlelight for ten minutes
- ☐ Long bath, hot tea, no scrolling
- ☐ Handwrite a letter to someone you miss
- ☐ Early bedtime with the window cracked
- ☐ Cook one new recipe you've never tried
- ☐ Board game night, loser makes the cocoa
- ☐ Sit in the quiet for fifteen minutes and do nothing at all



Something to play while you do these

I have a YouTube channel called **Amanda's Cozy Room** where I make long, calm videos with soft piano and a cozy scene. I just made a fall one: a warm mountain lodge with the leaves turning outside, three hours long, no ads in the middle of it.

It's what I put on for puzzles, reading, working, or just making the house feel nice.

youtu.be/zg2KLY6-CP0 · or search **Amanda's Cozy Room** on YouTube 🍂



SECTION FOUR

8 With the Kids

Cheap, easy, and the kind of thing they remember way longer than you expect.

- ☐ Leaf rubbings with crayons
- ☐ Build a blanket fort and eat dinner in it
- ☐ Decorate mini pumpkins with paint pens
- ☐ Backyard scavenger hunt (acorns, red leaf, pinecone!)
- ☐ Bake and decorate cookies together
- ☐ Make a thankful chain, one link a day
- ☐ Have a family movie night with kid-picked snacks
- ☐ Nature walk and collect the treasures in a jar

Heads up: the blanket fort dinner is the one they'll bring up in ten years. It costs nothing and takes twenty minutes!



THE ONLY PAGE THAT REALLY MATTERS

My Five Fall Things

Write down five. Put a date next to them if you're feeling brave. Then go do them, and let the other forty five go without an ounce of guilt.

1.

2.

3.

4.

5.

Screenshot this page when it's filled in and keep it on your phone. That's the whole system. It works because it's small!



SECTION FIVE

Fall Mocktails

Four that actually taste good, not just look good. Nothing weird to buy, and every one of them works for the people who aren't drinking too 🍏

Apple Harvest Fizz

The one everybody asks about

- 3 oz apple cider (cloudy apple juice works)
- 1 oz orange juice
- 1 oz lemon juice
- 1 tsp maple syrup
- a pinch of cinnamon
- ginger beer to top

Shake everything except the ginger beer with ice for about ten seconds. Pour over fresh ice and top with ginger beer. Rim the glass with cinnamon sugar if you want to feel fancy, and you should.

Caramel Apple Sipper

Tastes like the fair, costs like a Tuesday

- 4 oz apple cider
- squeeze of half a lemon
- sparkling water to top
- caramel sauce for the rim
- apple slice to garnish

Dip the rim of a glass in caramel sauce, then in cinnamon sugar. Fill with ice, add the cider and lemon, top with sparkling water. Float an apple slice on top. That's it!

Cranberry Rosemary Spritz

For when you want it to look expensive

- 3 oz cranberry juice
- 1 oz orange juice
- sparkling water to top
- a rosemary sprig
- a few frozen cranberries

Smack the rosemary sprig against your hand once to wake it up, then drop it in the glass. Add ice, juices, and top with sparkling water. The frozen cranberries are the whole trick, they look like little jewels.

Warm Spiced Cider (a crowd pot)

Make it once, it feeds everybody all night

- half gallon apple cider
- 2 cinnamon sticks
- 4 whole cloves
- 1 orange, sliced
- a spoonful of maple syrup

Everything in a pot or slow cooker on low for about thirty minutes. Keep it warm and let people ladle their own. Your house will smell incredible and you will get all the credit.

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SECTION SIX

Game Day Favorites

Four crowd dips that feed a room. Two need an oven, two don't!

Buffalo Chicken Dip

The one that disappears first. Every time.

- 2 cups shredded rotisserie chicken
- 8 oz cream cheese, softened
- 1/2 cup buffalo sauce
- 1/2 cup ranch or blue cheese dressing
- 1 1/2 cups shredded cheddar

Stir everything together (save a handful of cheese for the top), spread in a dish, bake at 350 for about 20 minutes until bubbly. Serve with celery and chips. Slow cooker on low for 2 hours works too.

Street Corn Dip

Cold, no oven, ten minutes

- 2 cans corn, drained well
- 1/2 cup mayo
- 1/2 cup sour cream
- 1 cup crumbled feta or cotija
- juice of 1 lime
- chili powder and cilantro

Mix it all in a bowl. Chill for thirty minutes if you have time, serve with scoops. That's the entire recipe and people will ask you for it.

Spinach Artichoke Dip

The safe one that everyone eats anyway

- 10 oz frozen spinach, thawed and SQUEEZED dry
- 1 can artichoke hearts, chopped
- 8 oz cream cheese
- 1/2 cup sour cream
- 1 cup mozzarella
- 1/2 cup parmesan
- 1 clove garlic

Squeeze the spinach until you think it's dry, then squeeze again. Mix everything, bake at 375 for 25 minutes. Toasted baguette or tortilla chips.

Whipped Feta with Hot Honey

Looks like you tried. You did not.

- 8 oz feta
- 4 oz cream cheese
- a splash of olive oil
- hot honey to drizzle
- pistachios or pepitas

Blend the feta, cream cheese and olive oil until smooth and fluffy. Spread in a shallow bowl, swirl the top, drizzle with hot honey and scatter the nuts. Serve with warm pita or crackers.

My feeding-people math: pick ONE hot dip and ONE cold dip, add chips and something crunchy, and you have officially hosted. Nobody has ever left a party sad because there were only two dips 🍷

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B I N G O

PRINT ME AND PUT ME ON THE FRIDGE

Fall Bingo

Cross one off every time you do it. Five in a row is a bingo, the whole card is a very good autumn. Race someone if you're competitive (I always am).

Jump in a leaf pile	Bake something pumpkin	Wear the cozy socks	Watch a scary movie	Drink cider
Take a fall walk	Light a candle	Buy ONE pumpkin	Open the windows	Soup for dinner
Sunset on purpose	Fall playlist on	FREE SPACE	Puzzle night	Thrift something
Fire (or a candle!)	Text someone you miss	Read a whole book	Corn maze or patch	Caramel apple
Rake and jump again	Blanket fort	Football game	Write your 5 things	Say no to one thing

House rules: the free space is free because you already showed up. Nothing here has a deadline, and no, you don't have to finish it 🍂



Go have a good fall 🍂

I really hope this one is the coziest one yet. If you do something from this list, I would genuinely love to hear about it.

Come find me!

I send one email a week, on Fridays. Sometimes money stuff, sometimes a story from my life, sometimes just me cheering you on. Most weeks I'm not selling anything at all, and when I do run a sale, my list hears about it first and gets the better deal.

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▶️ Amanda's Cozy Room on YouTube (long cozy videos to work and relax to)

🛒 amandamonger.com/shop

P.S. I make cozy planners and printables for the holidays, and the whole shop is at the link above. But you already have fifty free things to do, so no rush 🍂