

NEW TERM, NEW NERVES - YOU'VE GOT THIS

A free resource for families

A NOTE FROM KATIE

As a head teacher I saw the September wobble in every classroom, and as a parent I feel it too, watching my own child walk through the gate looking that little bit more grown up. This month is about settling in gently, and giving you both permission to find your feet again.



Why the first few weeks feel harder than they should

A new class, teacher and routine ask a lot of a child's brain all at once. Feeling unsettled for the first few weeks isn't a sign anything's wrong, it just means their nervous system is working hard to feel safe.

Signs your child is still settling

- 😞 **Clingier than usual** - *not wanting to leave you at drop-off*
- 😴 **Extra tired by midweek** - *holding it together at school shows up at home*
- 🗣️ **Lots of worry chat at bedtime** - *questions and chatter once the day finally gets quiet*
- ❓ **Wanting to know tomorrow's plan** - *checking the details again and again, a way of feeling in control*

7 CALMING TOOLS FOR SEPTEMBER

TRY THIS AT HOME

BREATHE 5-finger breathing

Trace each finger, breathing in going up and out coming down. Good for the school gate.

GROUND Name 3 things you see

On the walk in, this pulls focus away from the worry into the present.

MOVE Wall push-ups

Push hard against a wall for 10 seconds for calming proprioceptive input.

NATURE A slow walk to school

Five minutes outside lowers stress hormones before the day starts.

MINDFULNESS Notice one good thing

Ask them to spot one nice thing about their day, however small. This trains the mind to look for the 'ok-ness'.

SELF-TALK "I've done 'hard first days' before."

Practise this line together at home before school.

Want extra support settling in this term? We'd love to help build their confidence. Click here to join BIG FEELINGS BRAVE MINDS a face-to-face workshop in Reading September 13th 2026. [Events | Anchor & Bounce Wellbeing and Education](#). We also offer 1:1 sessions with families.

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ANCHOR & BOUNCE PRESENTS...

Formerly Mindful Brain

Big feelings, Brave Minds

A family workshop

The 'New School Year' Edition

Age: 6-12 & their grown-ups



13th September 2026

9-30-11.45

Birch Copse School

Limited Spots - Reserve Yours!

£45 per pair (1 adult & 1 child)

£19 per additional child

£19 per additional adult

Adult with a max of 3 children

Children are not permitted without an adult

<https://www.anchorandbounce.com/>

For more information:

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Big feelings, Brave Minds

A family workshop

The 'New School Year' Edition

Join us for a fun interactive family workshop designed to help children (and their grown-ups) understand how your brain and body react to tricky situations - and what you can do to stay calm, focused and confident.

What's in store?



BRAIN SCIENCE MADE SIMPLE - meet your Amygdala (your brain's alarm system) and your Prefrontal Cortex (your brain's smart decision maker)



CONNECTION GAMES - strengthen the brain's self-regulation skills through fun, interactive play



CREATIVE CALM KIT - start building a personal toolkit of calming resources to use at home

MINDFULNESS & BREATHWORK - learn simple powerful techniques to manage big feelings



PARENT & CHILD BONDING - work together to build resilience, confidence & emotional regulation

Let's empower our kids with **BIG FEELINGS AND BRAVE MINDS!**

This workshop is perfect for families who want to help their children navigate their school year with courage and calm - while having fun together.

<https://www.anchorandbounce.com/>

For more information:
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