

SIX WEEKS - BIG FEELINGS - YOU'VE GOT THIS

A free resource for families

A WARM WELCOME



Welcome to our very first newsletter — thank you for being here!

I'm Katie, founder of Anchor & Bounce. The name says it all — Anchor is about helping children feel emotionally secure and confident in who they are, and Bounce is about building the resilience to get back up when things get tough.

Each month I'll share something practical and honest to support you and your child, because the small things you do at home make the biggest difference.

Let's do this together.

When the end of term isn't all joy

For children who rely on the predictability of school life, six weeks of unstructured time can trigger anxiety, low mood, or big emotional reactions. This doesn't mean something is wrong. It means your child's nervous system is adjusting. Understanding that is the first step.

Signs your child may be struggling with the transition



More irritable than usual - *big reactions to small things in the first week or two*



Sleep disruption - *later nights & harder mornings; feeds emotional dysregulation*



Boredom that tips into anxiety - *I've got nothing to do' can mask worry about the unknown*



Asking about Septmeber already - *a sign their mind is trying to prepare for what's next*

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4 THINGS THAT MAKE SUMMER FEEL EASIER

TRY THIS AT HOME



Keep a loose routine

Meals, movement, and a rough bedtime give the nervous system enough predictability to feel settled — without rigidity.



Protect sleep

Screens off an hour before bed. More sleep means more emotional regulation. It really is that simple — and that hard.



Plan together

Let your child help choose one activity each week. Agency and anticipation both reduce anxiety.



Get outside daily

Even 20 minutes of outdoor time reduces cortisol. It doesn't need to be a big day out — a walk counts.

"I'd 100% recommend. I think all children would benefit from this programme to develop a better understanding of themselves, their capability to focus and deal with anxieties."

— Katie, Year 5 Class Teacher

WANT SUPPORT THIS SUMMER?

We work with families throughout the year. If your child is finding the transition tough or you want to build their emotional toolkit before September- we'd love to hear from you.

Get in touch: hello@anchorandbounce.com www.anchorandbounce.com

This helped — next month's might too.

Click here to sign up for free toolkits