



A GENTLE Back-to-School Collection

SIMPLE IDEAS, PRACTICAL PLANNING
AND GENTLE RHYTHMS FOR
a calmer return to routine.



NEW
BEGINNINGS.
FRESH
ROUTINES.
LASTING
MEMORIES.



PRACTICAL
PLANNING



GENTLE
ROUTINES



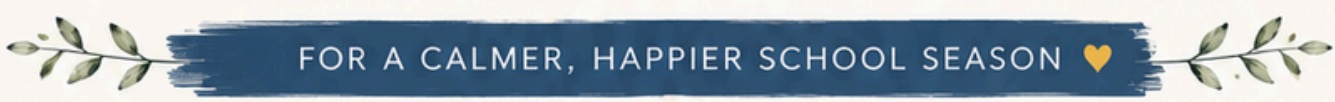
FAMILY
TRADITIONS



CALMER
EVENINGS



LASTING
MEMORIES



FOR A CALMER, HAPPIER SCHOOL SEASON



Back-to-School *Intentions*

A NEW SEASON, A FRESH START

*Let's begin this school year
with intention and a full heart.*

THIS AUTUMN I WANT OUR FAMILY TO FEEL...





THINGS THAT MATTER MOST
THIS TERM...



1.

2.

3.

4.

5.

WHAT I'D LIKE LESS OF...





WHAT I'D LIKE MORE OF...



A Gentle Reminder



We don't have to do
everything perfectly.
We just have to keep showing up
with love and grace.



ONE WORD FOR OUR FAMILY THIS SEASON



NEW BEGINNINGS. FRESH ROUTINES. LASTING MEMORIES. 



Family Weekly Planner

PLAN TOGETHER. STAY CONNECTED.
MAKE TIME FOR WHAT MATTERS MOST.

	SCHEDULE & ACTIVITIES	FAMILY PRIORITIES	APPOINTMENTS	MEALS	NOTES
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

FAMILY PRIORITIES



1

2

3

DON'T FORGET



- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NOTES & REMINDERS



SMALL PLANS, BIG MEMORIES, HAPPY HEARTS.



SCHOOL WEEK MEAL PLANNER

*Simple meals, calmer evenings
and less last-minute stress.*

DAY	BREAKFAST	LUNCH	DINNER
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

LUNCHBOX PREP NOTES

☐ Fruit

☐ Vegetables

☐ Sandwich Fillings

☐ Yoghurts

☐ Snacks

☐ Drinks

☐ Treats

☐ Other

AFTER-SCHOOL ESSENTIALS

☐ Activities

☐ Sports gear

☐ Homework reminders

☐ Collection times

☐ Clubs

SHOPPING LIST

FRESH FOOD

FRIDGE ITEMS

PANTRY ITEMS

LUNCHBOX SUPPLIES

FAMILY FAVOURITES THIS WEEK

Meals everyone enjoyed
and would like again.

*A little planning today
creates a calmer week tomorrow.*



LUNCHBOX

Inspiration

50 SIMPLE IDEAS FOR HAPPY, HEALTHY LUNCHES



FRUIT

- 1 Apple slices
- 2 Grapes
- 3 Strawberries
- 4 Blueberries
- 5 Mandarin segments
- 6 Kiwi slices
- 7 Pineapple chunks
- 8 Watermelon cubes
- 9 Orange slices
- 10 Banana
- 11 Pear slices
- 12 Cherries
- 13 Peach or nectarine slices
- 14 Mango cubes
- 15 Raspberries
- 16 Dried apricots
- 17 Dried cranberries



SANDWICHES

- 1 Cheese sandwich
- 2 Ham sandwich
- 3 Turkey sandwich
- 4 Chicken sandwich
- 5 Egg mayo sandwich
- 6 Tuna mayo sandwich
- 7 Peanut butter sandwich
- 8 Jam sandwich
- 9 Cheese & cucumber
- 10 Ham & cheese
- 11 Turkey & lettuce
- 12 Chicken & salad
- 13 Hummus & cucumber
- 14 Cream cheese & lettuce
- 15 Avocado & tomato
- 16 Cheese & pickle
- 17 Leftover roast meat wrap



PROTEIN

- 1 Cheese cubes
- 2 Boiled egg
- 3 Hummus dip
- 4 Hard cheese slices
- 5 Chicken pieces
- 6 Turkey slices
- 7 Ham slices
- 8 Tuna pot
- 9 Edamame beans
- 10 Falafel bites
- 11 Yogurt tube
- 12 Beef or chicken bites
- 13 Lentil bites
- 14 Quinoa bites
- 15 Cottage cheese pot
- 16 Peanut butter
- 17 Mixed nuts



VEGETABLES

- 1 Cucumber sticks
- 2 Carrot sticks
- 3 Cherry tomatoes
- 4 Celery sticks
- 5 Sugar snap peas
- 6 Bell pepper strips
- 7 Mini corn on the cob
- 8 Broccoli florets
- 9 Cauliflower florets
- 10 Gherkins
- 11 Olives
- 12 Lettuce leaves
- 13 Baby spinach
- 14 Edamame beans
- 15 Roasted veg cubes
- 16 Beetroot cubes
- 17 Sweet potato cubes



TREATS

- 1 Homemade muffin
- 2 Mini cookies
- 3 Rice cake
- 4 Popcorn
- 5 Homemade flapjack
- 6 Fruit leather
- 7 Yoghurt raisins
- 8 Banana bread slice
- 9 Chocolate squares
- 10 Mini granola bar
- 11 Dried fruit
- 12 Mini pretzels
- 13 Cheese crackers
- 14 Trail mix
- 15 Mini rice cakes
- 16 Fruit snack
- 17 Jelly pot



EXTRAS & FUN IDEAS

- 1 Dips (hummus, tzatziki)
- 2 Cheese & crackers
- 3 Mini pitta pockets
- 4 Sushi rolls
- 5 Pasta salad
- 6 Couscous salad
- 7 Mini quiche
- 8 Homemade pizza slice
- 9 Tortilla pinwheels
- 10 Smoothie pot
- 11 Soup in a thermo jar
- 12 Bagel sandwich
- 13 English muffin pizza
- 14 Mini frittata
- 15 DIY lunchable box
- 16 Bento box style
- 17 Surprise note!

Mix, match
& enjoy!



PLAN AHEAD



PREP
IN BATCHES



KEEP
IT COOL



USE
REUSABLES



KEEP IT
FUN

A little love
goes a long
way.



♥ GOOD FOOD • HAPPY KIDS • READY TO LEARN ♥



CALM EVENING Checklist



Simple steps for smoother evenings
and more time together.



BEFORE HOME

- ☐ Check pick-up times
- ☐ Pack bags & sports gear
- ☐ Take water bottles
- ☐ Have snacks if needed
- ☐ Finish any last-minute messages or calls
- ☐ Plan dinner or defrost what's needed



ARRIVING HOME

- ☐ Hang up bags & coats
- ☐ Put away shoes
- ☐ Empty lunchboxes
- ☐ Start a load of laundry
- ☐ Rest & recharge for 10 minutes
- ☐ Have a healthy snack and drink



HOMEWORK & RESPONSIBILITIES

- ☐ Set up a quiet space
- ☐ Check homework list
- ☐ Do homework
- ☐ Pack bags for tomorrow
- ☐ Complete chores together
- ☐ Celebrate the small wins



DINNER TIME

- ☐ Gather at the table
- ☐ No screens at the table
- ☐ Talk about the day
- ☐ Eat together
- ☐ Help clear up
- ☐ Thank someone for dinner



WIND DOWN

- ☐ Bath or shower
- ☐ PJs on
- ☐ Read a book
- ☐ Quiet time / relax
- ☐ Prepare for the morning
- ☐ Lights out at a good time



FAMILY CONNECTION

- ☐ Share a highlight
- ☐ Listen to each other
- ☐ Plan something fun together
- ☐ Offer hugs & kindness
- ☐ End the day with gratitude



Evening Reminders



- ♥ Perfection isn't the goal. Connection is.
- ♥ Routines create freedom.
- ♥ Gentle is enough.
- ♥ You're doing a great job!



OUR EVENING FOCUS THIS WEEK:





Notes







BACK-TO-SCHOOL

Traditions

CREATE MEMORIES. BUILD CONNECTIONS.
MAKE THIS SEASON MEANINGFUL.

OUR CURRENT TRADITIONS

What special things do we already do at the start of the school year?

1. _____
2. _____
3. _____
4. _____
5. _____

NEW TRADITIONS WE'D LOVE TO START THIS YEAR

1. _____
2. _____
3. _____
4. _____
5. _____

TRADITION IDEAS

- ☐ First day of school photo
- ☐ Special back-to-school breakfast
- ☐ Write letters to our future selves
- ☐ Create a family vision for the year
- ☐ Back-to-school book or movie night
- ☐ Organise school supplies together
- ☐ Picnic after the first day
- ☐ Celebrate the little wins
- ☐ End of week family check-in
- ☐ Volunteer or do a kindness project
- ☐ Other: _____

SPECIAL BACK-TO-SCHOOL MOMENTS WE WANT TO CREATE

What memories do we want our kids to look back on?

FIRST DAY RITUAL

How do we want our first day of school to feel?

What will we do before school?

What will we do after school?



YEARLY BUCKET LIST

Fun things we want to do together this school year:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



A NOTE TO OURSELVES

What do we want to remember when life feels busy?





AUTUMN

Family Rhythms

Simple routines and seasonal moments
that bring calm, connection and joy.



OUR AUTUMN FOCUS



What matters most to our family
this season?



DAILY RHYTHMS



- ☐ Morning routine that sets us up well
- ☐ Healthy breakfast together
- ☐ School / work ready on time
- ☐ Quality time after school
- ☐ Family dinner (no screens)
- ☐ Homework & reading time
- ☐ Fresh air / outdoor time
- ☐ Wind down & bedtime routine
- ☐ Other: _____



WEEKLY RHYTHMS



- ☐ Meal plan & shop
- ☐ Family time / game night
- ☐ House reset / tidy together
- ☐ Laundry & uniform check
- ☐ Plan our week ahead
- ☐ Time for hobbies
- ☐ Move our bodies together
- ☐ Other: _____



AUTUMN BUCKET LIST



- ☐ Go on a leaf hunt
- ☐ Visit a pumpkin patch
- ☐ Make a cosy soup
- ☐ Bake something together
- ☐ Go for a nature walk
- ☐ Have a movie night
- ☐ Collect conkers
- ☐ Jump in puddles
- ☐ Create an autumn craft
- ☐ Read a cosy book
- ☐ Other: _____



EVENING RHYTHM CHECKLIST



- ☐ Put devices away
- ☐ Talk about our day
- ☐ Share something we're grateful for
- ☐ Do homework / reading
- ☐ Help with tomorrow prep
- ☐ Bath / shower
- ☐ PJs on
- ☐ Quiet time together
- ☐ Lights out & goodnight



WEEKEND RHYTHMS



- ☐ Slow mornings
- ☐ Family outing or adventure
- ☐ Cook or bake together
- ☐ Catch up on chores
- ☐ Time for creativity
- ☐ Rest & recharge
- ☐ Plan for the week ahead
- ☐ Other: _____



SEASONAL SELF-CARE (FOR PARENTS TOO!)



Slow down
when you can



Make time
for you



Drink water &
move your body



Ask for help
when needed



Breathe & be
kind to yourself

NOTES & REMINDERS





*The best seasons aren't just about what we do,
but how we do life together.*



30 CALM

Evening Activities

SIMPLE WAYS TO UNWIND, CONNECT
AND ENJOY TIME TOGETHER.

1

Read together



2

Cook or bake something simple



3

Have a no screens evening



4

Play a board game



5

Go for a family walk



6

Listen to music & dance



7

Have a puzzle night



8

Share highs and lows of the day



9

Build a blanket fort



10

Do a mindful colouring



11

Write thank you notes or kind notes



12

Watch a feel-good movie



13

Stretch or do yoga



14

Make a family bucket list



15

Have a storytelling evening



16

Create something together



17

Plant seeds or care for plants



18

Have a themed dinner night



19

Write in a journal together



20

Do a family quiz



21

Make homemade hot chocolate



22

Look at old photos & memories



23

Practice gratitude together



24

Have a karaoke night



25

Build with Lego or blocks



26

Star gaze or look at the moon



27

Read aloud in turns



28

Do a kindness activity



29

Plan tomorrow together



30

End the day with hugs & gratitude



"Calm evenings. Happy hearts. Stronger together."





BACK-TO-SCHOOL

Reflection

Take a moment to reflect, celebrate
and look ahead with intention.



WHAT WENT WELL THIS SEASON?

I'M PROUD OF...

CHALLENGES WE FACED

WHAT I WANT MORE OF THIS YEAR

LESSONS WE LEARNED

WHAT MATTERS MOST
TO OUR FAMILY

GOALS FOR THE
NEXT SEASON

A NOTE TO OUR FUTURE SELVES

Every ending is a new beginning.
Thankful for today. Excited for tomorrow.

A GENTLE Morning Rhythm FOR BUSY MUMS

BECAUSE CALM MUMS HELP CREATE CALMER MORNINGS.

Early morning self care for busy seasons.



BEFORE THE HOUSE WAKES

Or even 15 minutes before.

- ☐ Open the curtains
- ☐ Put the kettle on
- ☐ Stretch gently
- ☐ Take a few slow breaths
- ☐ Enjoy a quiet cup of tea or coffee
- ☐ Step outside for a moment



A GENTLE MORNING REMINDER

*You do not have to
rush into the day.
You do not have to do
everything perfectly.
A calm beginning
is enough.*

FIVE MINUTES JUST FOR YOU

Choose one.

- ☐ Read a page of a book
- ☐ Journal for five minutes
- ☐ Listen to a favourite song
- ☐ Sit quietly with your drink
- ☐ Pray or reflect
- ☐ Watch the sunrise
- ☐ Light an oil burner
- ☐ Write down three intentions for the day

MORNING ANCHORS

Instead of a huge routine.



MIND How do I want to feel today?

.....



BODY What do I need today?

.....



HOME One thing that would make today easier:

.....

WHEN THINGS FEEL CHAOTIC

- ☐ Pause
- ☐ Take a breath
- ☐ Lower your voice
- ☐ Focus on the next thing only
- ☐ Remember that this moment will pass
- ☐ Choose connection over perfection

TINY JOYS FOR BUSY SEASONS



A favourite mug



Fresh flowers



A beautiful scent



A few quiet pages of a book



A five-minute walk



Music in the kitchen



Morning sunshine

TODAY'S GENTLE INTENTION

.....
.....
.....

*The goal isn't a perfect morning.
The goal is a calmer beginning.*



OUR SEPTEMBER Family Bucket List

Simple moments. Special memories.
Let's make this September one to remember.


☐

Collect
conkers
and leaves


☐

Visit a farm
shop or
farmers' market


☐

Bake
something
together


☐

Go on an
autumn
nature walk


☐

Have a
cosy movie
night


☐

Pick apples
(or pears)


☐

Make hot
chocolate
from scratch


☐

Visit the
library


☐

Have a
picnic
(outside or in!)


☐

Fly a kite
on a
windy day


☐

Go on a
bike ride
together


☐

Try a new
recipe for
dinner


☐

Visit a local
woodland
or park


☐

Have a
grateful
heart talk


☐

Watch the
sunset
together


☐

Make a
autumn
wreath


☐

Start a
family
read-aloud


☐

Plant
bulbs or
flowers


☐

Have a board
game
evening


☐

Light a candle
at dinner
time


☐

Visit a
museum or
historic place


☐

Write and
send a kind
note


☐

Jump in
puddles on
a rainy day


☐

Have a
talent show
at home


☐

Do a
random act
of kindness



OUR SEPTEMBER GOALS





Our favourite thing about September...





The best days are the ones filled with
time together and simple pleasures.





OUR FAMILY *Autumn* READING LIST

Good books. Cozy moments.
Memories we'll keep.



BOOKS FOR MUM

Time for me. Stories, inspiration
and a little escape.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



FAMILY READS

Books we can enjoy
together.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



TEEN RECOMMENDATIONS

Books for older kids
and teens.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



BOOKS WE'D LIKE TO READ

Our future reads
and wish list.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



*A new season. New stories.
Let's fill our days with words we love.*



WEEKLY FAMILY RESET

A little time today creates
a calmer, smoother week for everyone.

SUNDAY RESET CHECKLIST

☐ School
uniforms



☐ Lunch
supplies



☐ Family calendar
checked



☐ Bags
packed



☐ Laundry



☐ Meal
plan



☐ Water
bottles



☐ Early
night



EXTRA LITTLE CHECKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMEMBER

A calm plan.
A prepared home.
A rested family.

You've got this!

NOTES FOR THE WEEK

*Small steps today.
A smoother week tomorrow.*





1 BOARD GAMES



2 READ TOGETHER



3 BAKE SOMETHING YUMMY



4 GO FOR AN EVENING WALK



5 GET CREATIVE



6 DO A PUZZLE



7 LISTEN TO MUSIC



8 BUILD SOMETHING



9 HAVE A DANCE PARTY



10 TELL STORIES OR SHARE MEMORIES



11 CAMP OUT INDOORS



12 WRITE OR DRAW TOGETHER



13 GARDEN OR POTTER TOGETHER



14 MAKE A GRATITUDE JAR



15 PLAY CARDS



16 COLOUR TOGETHER



17 WATCH THE SUNSET



18 DO A KIND ACT TOGETHER



19 MAKE A FORT



20 ENJOY A WARM DRINK TOGETHER



OUR GO-TO IDEAS

♥ _____

♥ _____

♥ _____

♥ _____

REMEMBER

You don't need hours.
You just need
a few moments
with each other.

TIPS FOR SUCCESS

- Choose connection over perfection.
- Keep it simple.
- Let everyone take part.
- Turn off screens early.
- Focus on fun, not productivity.

*The best evenings are the ones
where we're together.*



AUTUMN *Evening* RITUALS

Simple ways to create warmth,
comfort and calm this season.



CREATE A COSY ATMOSPHERE

- ☐ Light a candle
- ☐ Turn on a lamp instead of overhead lights
- ☐ Put on gentle music
- ☐ Use an autumn diffuser blend
- ☐ Make a warm drink
- ☐ Put fresh blankets in the sitting room
- ☐ Tidy one small space
- ☐ Open a favourite book

SIMPLE EVENING RITUAL IDEAS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tea & Planning	Reading Evening	Autumn Walk	Board Games	Cosy Film Night	Slow Evening At Home	Family Reset & Reflection

THINGS I WANT MORE OF THIS AUTUMN

MY FAVOURITE AUTUMN COMFORTS

- ☐ Soup
- ☐ Hot chocolate
- ☐ Candles
- ☐ Reading
- ☐ Walks
- ☐ Baking
- ☐ Blankets
- ☐ Journaling
- ☐ Family time
- ☐ Early nights
- ☐ Autumn films
- ☐ Seasonal music

THIS WEEK'S EVENING INTENTION

How do I want my evenings to feel this week?

A GENTLE REMINDER

You don't need to fill every evening.
Rest is productive.
Quiet moments matter too.

The smallest rituals often become the moments we remember most.

