



Back-to-School

THRIVE



GUIDE



FOR PARENTS



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NOT JUST BACK TO SCHOOL—BACK TO YOU

You made it through summer. And now, as backpacks get zipped and alarms get set, it's time for a different kind of momentum.

We know thriving families don't just run on to-do lists. They lead with their three brains – head, heart, and gut.

This guide is all about nurturing the first two—your heart and your health—so you're grounded and ready when it's time to take action in work or learning.

Created to help you reset, refocus, and rise into a new rhythm, you will find small but mighty tools to help your family thrive.

Your challenge: Choose just one small thing each week to try. Keep it tiny. Keep it joyful. Let it ripple.

- ✓ Tiny Habit Recipes
- ✓ Uplifting Lunchbox Notes
- ✓ Smart Parent Tech Tools

This is your reset button. A calm in the chaos. A gentle nudge toward what matters most. Let's thrive—not just survive.

With you every step,

YOUR FRIENDS AT REK



August 2025
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Tiny Habit Recipes

Start tiny. Pick one brain to focus on (head, heart, or health). Choose a moment that already happens, add a small action, and celebrate it.

HEAD (Focus & Learning)

| Anchor (After I...) | Tiny Habit | Celebrate |
|---------------------------------------|---|--|
| After I open my laptop | I will take 3 deep breaths before checking email | Smile and say "I'm centered" |
| After I brush my teeth | I will glance at my top 1 task for tomorrow | Whisper "I've got this" |
| After I hear the school bell | I will jot down 1 highlight from today | Snap my fingers like a champ |
| After I brush my teeth in the morning | I will say one affirmation out loud | Wink at myself in the mirror |
| After I hear a notification sound | I will pause and take one breath before reacting | Say "I've got time." |
| After I sit down at my desk | I will set a 15-minute timer to focus on one task | Say "let's do this!" and tap the desk like a coach |

Tiny Habit Recipes

Start tiny. Pick one brain to focus on (head, heart, or health). Choose a moment that already happens, add a small action, and celebrate it.

HEART (Well-Being & Presence)

| Anchor (After I...) | Tiny Habit | Celebrate |
|------------------------------------|---|----------------------------|
| After I see my child at pickup | I will say one thing I appreciate about them | Place my hand on my heart |
| After I finish my dinner | I will ask myself "What's one good thing from today?" | Nod and say "That matters" |
| After I feel overwhelmed | I will take one deep breath | Say "I'm showing up" |
| After I say goodbye in the morning | I will send them love in my mind | Inhale deeply |
| After I start to lose patience | I will say "We're both learning." | Press hand to heart gently |
| After I say goodnight to my child, | I will whisper, "I'm so lucky to be your parent." | Give him/her a kiss |

Tiny Habit Recipes

Start tiny. Pick one brain to focus on (head, heart, or health). Choose a moment that already happens, add a small action, and celebrate it.

HEALTH (Routine & Energy)

| Anchor (After I...) | Tiny Habit | Celebrate |
|--|--|------------------------------------|
| After I start the coffee maker | I will fill up my water bottle | Give myself a thumbs up |
| After I step out of bed | I will stretch for 5 seconds (or more later) | Say "Yes, body!" |
| After I open the fridge | I will grab one fruit or veggie (stock your fridge though) | Do a quick shoulder shimmy |
| After dinner is cleaned up | I will cue my "wind down" playlist | Sway to the beat |
| After I put my phone down at night | I will stretch for 30 seconds | Whisper "rest is power" |
| After I change into comfy clothes at night | I will light a candle or turn on soft lighting | Exhale and say "Time to recharge." |

Make your own habit recipes!

Write one habit for each part of your day. Keep it tiny. Anchor it to something that always happens. Then choose a celebration that makes you smile :)

INGREDIENTS



A NCHOR MOMENT

An existing routine in your life that will remind you to do the new habit.



B EHAVIOR (TINY)

The new habit you want but scaled back to be super easy.



C ELEBRATION (INSTANT)

Something you do to create a positive feeling inside yourself.

After I ...

I will ...

then celebrate!

After I ...

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Lunchbox Love Notes

Personalize and slip one of these into a lunchbox or handwrite your own. A few thoughtful words can spark connection, boost confidence, and remind your loved ones they matter.

Just a reminder: I'm cheering you on always.



With Love

One step at a time. I'm proud of every one you take.



With Love

Sending you a little calm for the busy moments.



With Love

You make this family better just by being in it.



With Love

I'm so proud of how you show up every day.



With Love

Remember: you're stronger than the hard stuff.



With Love

Lunchbox Love Notes 🍷

Personalize and slip one of these into a lunchbox or handwrite your own. A few thoughtful words can spark connection, boost confidence, and remind your loved ones they matter.

Hope this
gives you a
little boost
today. You've
got this.



With Love

You've got a
good heart
and it shows.



With Love

Thinking of
youright now,
probably
while eating
snacks.



With Love

You're
exactly who
you need to
be today. I
love that.



With Love

Take a deep
breath. You're
doing better
than you think.



With Love

You make
ordinary days
feel special.



With Love

Lunchbox Love Notes 🍷

Personalize and slip one of these into a lunchbox or handwrite your own. A few thoughtful words can spark connection, boost confidence, and remind your loved ones they matter.

Can't wait to
hear how
today goes.
You always
have stories.



With Love

Hope lunch
hits the spot.
Love you.
There's no one
else like you.



With Love

The world
needs what
you bring.



With Love

Do your best
today... and
don't forget
to laugh a
little.



With Love

Sunshine,
you bring more
joy than you
know.



With Love

You don't have
to be perfect
just keep
showing up.



With Love

Lunchbox Love Notes 🍷

Personalize and slip one of these into a lunchbox or handwrite your own. A few thoughtful words can spark connection, boost confidence, and remind your loved ones they matter.

Little moments today matter. Enjoy one of them for me.



With Love

We're in this together. Always.



With Love

Even superheroes take snack breaks.



With Love

Little steps lead to big adventures. Keep going.



With Love

Being you is your real superpower.



With Love

Fast or slow, your pace is perfect. One step at a time.



With Love

Flow-Boosting Tools

These tools can help you reset routines, protect your peace, and make life run just a little smoother. Click one to try this week and see what helps.

HEAD (Focus & Learning)



Google Calendar

Use different colors for school, sports, meals, and you-time. Let older kids create events to build independence.



Brite

A beautiful visual app that turns your tasks and goals into a colorful mind map—perfect for visual thinkers.



Todoist

A task manager that helps you stay organized, set priorities, and feel on top of your day—at home or at work.



Forest

Gamifies focus by planting a virtual tree that grows while you stay off your phone. Perfect for homework, deep work, or screen-free time.



Notion

A customizable digital hub for organizing schedules, homework, journaling, and family planning all in one place.



Speechify

Converts any text into audio—great for neurodivergent learners, busy parents, or kids who want to “read” on the go.

Disclaimer: These app suggestions are not sponsored or affiliated. Please explore and choose what fits your family best.

Flow-Boosting Tools

These tools can help you reset routines, protect your peace, and make life run just a little smoother. Pick one to try this week—and see what sticks.

HEART (Well-Being & Presence)



Daily Vroom

Designed for families with young kids, this app delivers science-based, brain-building activity tips you can do in just a few minutes throughout the day.



Reflectly

A beautifully designed, AI-powered journaling app for all ages that prompts users to reflect on their day and emotions.



Insight Timer

The best free library of meditations, soundscapes, and talks—including kid-friendly wind-downs and parent SOS tracks.



Daylio

A customizable mood tracker and journal that uses icons, photos, or brief notes to monitor emotions and activities.



Peptalk

Delivers motivational quotes, affirmations, and curated audio pep talks to help you reset your mindset throughout the day.



KidCoachApp

Offers short, fun coaching-style questions designed to foster critical thinking, communication, creativity, empathy, and leadership in just 5 minutes

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HEALTH (Routine & Energy)



Seven

Quick, no-equipment 7-minute workouts that get your heart pumping without needing a gym, time, or perfect outfit.



Yuka

Scan food and product labels to see how healthy (or not) they are, with simple color-coded scores and suggestions.



Yoga Fit

Offers a variety of beginner-friendly yoga classes and guided meditation to help you reduce stress and reach your goals.



Whisk

Everything you need to find or create your next favorite recipes and save time meal planning.



Plant Nanny

Turns water intake into a daily game—track your hydration by caring for a virtual plant that thrives when you drink enough water.



Welltory

Leverages heart rate variability (HRV) to help you understand your stress, energy levels, and recovery. It guides you on whether today's a “go” day or a “rest” day based on real-time data.

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You've Got This (And We've Got You)

SMALL SHIFTS. BIG WINS. ONE WEEK AT A TIME.

This guide wasn't meant to change everything—it's meant to change something.

Whether you tried one Tiny Habit, one sleep tip, or just remembered to breathe this week... you're moving forward.



Invitation:

We'd love to hear what worked for you.

Tell us how your week went—or tag us
@RaisingEmpoweredKids with your Thrive moments.
We'll be cheering you on, always.



Bonus Call-to-Action:

Want more tools like this?

- ☒ Sign up for our newsletter
- ☒ Join our REK Community Group
- ☒ Or simply revisit this guide anytime you need a reset.

Here's to thriving weeks ahead,

Your REK Family ❤️





August 2025
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