The break idea card — for the fridge

One idea a day, chosen by your child from their age band. Stop while they are still enjoying it.

Age	The three ideas, and how long each takes	Tried it
4 to 6	Kitchen maths (10 min) · The shopping list (10 min) · A bedtime story (10 min)	
7 to 9	I spy (10 min) · A turn-taking story (15 min) · Double the recipe (30 min)	
10 to 12	The family quiz (20 min) · The trip journal (15 min) · Grow something (5 min a day)	
13 and up	Chef for the day (2 hours) · A reading club (30 min) · A project they choose (their call)	

Our rules for the break

- [ ] They choose the idea.
- [ ] One idea a day, and days with nothing too.
- [ ] We stop while they are still enjoying it.
- [ ] No corrections and no marks.

Tomorrow's idea · Who chose it

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