One small task. A little help. Then rest.

Hard Work Before Sundown

A paper version of the optional support board. A task may stay unfinished; food, sleep, comfort and care are always available.

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1. Notice one need

Choose something manageable, such as putting one book away. You may also choose to rest now.

2. Make it smaller

Name just one next action. If the task still feels too big, make it smaller again with an adult.

3. Choose some help

Together / An adult demonstrates / Ask for a hand / Leave it for later. Help is part of doing a task.

4. Find a stopping point

Stop after one small action, or stop now if you are tired. A grown-up can take over or make a new plan.

The narration describes a rolling kitchen for tired workers. This companion invitation never makes a child earn basic care.

Circle a choice, talk together, or leave the sheet blank. Nothing has to be completed. Keep any marks on paper; do not upload them.