

SMALL HOURS CLUB

FREE SAMPLER

7

SMALL PLANS FOR REAL FAMILY TIME

A free taste of the full printable field edition.

NO LOGIN / NO GUILT / NO PERFECT-PARENT THEATER

HOW TO USE THIS FIELD EDITION

Pick one. Begin before it feels perfect.

These plans are built for ordinary family time. Choose a card that fits today's time, setting, energy, and ages. Read the three steps once, gather what you have, and let your family change the rest.

01

CHOOSE THE LIMITS

Use the time, setting, energy, and age notes as a quick filter - not a rulebook.

02

START WITH THREE STEPS

Every activity has a clear beginning. The playful twist is optional; the conversation question can happen anytime.

03

FOLLOW THE SPARK

If the children take the plan somewhere better, follow them. The card did its job.

Adult supervision is always required. Adapt for ages, abilities, allergies, weather, materials, and the actual setting.

THIS SAMPLER CONTAINS 7 OF THE 52 FULL FIELD CARDS

Blanket Fort Basecamp

Build a tiny headquarters, name it, and give everyone one important job.

30 MIN / INDOORS / MEDIUM ENERGY / AGES 3-10

GRAB

2-3 blankets / chairs or couch cushions / flashlight

DO THIS

- 01 Choose a corner and test two ways to hold up the roof.
- 02 Add one cozy thing and one useful thing to your basecamp.
- 03 Name the fort, make a sign, and spend ten minutes inside together.

MAKE IT YOURS

Pretend the floor outside the fort is a different planet.

ASK ALONG THE WAY

What would make this the best headquarters in the world?

Neighborhood Sound Map

Walk slowly, mark what you hear, and discover the soundtrack of one block.

30 MIN / OUTDOORS / LOW ENERGY / AGES 4-10

GRAB

paper / pencil / clipboard or firm book

DO THIS

- 01 Draw your starting point in the center of the paper.
- 02 Pause in three places and add a symbol for every sound.
- 03 At home, circle the closest, farthest, and most surprising sound.

MAKE IT YOURS

Walk the same route in the opposite direction and compare.

ASK ALONG THE WAY

Which sound would we miss if we hurried?

Ramp & Roll

Build a simple ramp and investigate what changes speed, distance, and direction.

30 MIN / INDOORS / MEDIUM ENERGY / AGES 3-10

GRAB

books / cardboard / toy cars or round objects / tape

DO THIS

- 01 Prop cardboard on one book and choose a starting line.
- 02 Roll three objects and mark where each stops.
- 03 Raise or lower the ramp, predict the result, and test again.

MAKE IT YOURS

Add a gentle curve or a paper-cup target.

ASK ALONG THE WAY

What made the test fair?

One-Minute Kindness Mission

Turn ten tiny helpful acts into a cooperative family challenge.

15 MIN / ANYWHERE / HIGH ENERGY / AGES 3-10

GRAB

paper / pencil / timer (optional)

DO THIS

- 01 List ten jobs that take about a minute and help someone else.
- 02 Choose jobs one at a time and work until the list is clear.
- 03 End by naming one act you noticed someone else doing.

MAKE IT YOURS

Do the last three missions silently as a team.

ASK ALONG THE WAY

Which small action made the biggest difference?

Cloud Story Picnic

Lie back, find three changing shapes, and connect them into one impossible tale.

30 MIN / OUTDOORS / LOW ENERGY / AGES 3-10

GRAB

blanket / water / safe open view of the sky

DO THIS

- 01 Choose a safe shady spot and look quietly for one full minute.
- 02 Each person names a shape without correcting anyone else's idea.
- 03 Connect three cloud shapes into a story with a beginning and ending.

MAKE IT YOURS

Retell the story after the shapes have changed.

ASK ALONG THE WAY

How did the moving sky change our story?

Ice Rescue

Free a tiny object from ice using warmth, salt, tools, and patient testing.

30 MIN / ANYWHERE / MEDIUM ENERGY / AGES 4-10

GRAB

small toy frozen in a bowl of ice / warm water / salt / spoon or dropper

DO THIS

- 01 Set the ice in a tray and inspect it before choosing a rescue tool.
- 02 Test warm water, salt, or gentle scraping in separate spots.
- 03 Compare the changes and combine safe methods to finish the rescue.

MAKE IT YOURS

Predict the rescue time before you begin and revise halfway through.

ASK ALONG THE WAY

Which method changed the ice fastest, and what evidence showed it?

Family Time Capsule

Capture the ordinary details of right now for your future family to rediscover.

60 MIN / INDOORS / LOW ENERGY / AGES 4-10

GRAB

envelope or box / paper / pencil / small flat keepsakes (optional)

DO THIS

- 01 Each person records a favorite snack, phrase, game, and ordinary day detail.
- 02 Add drawings or safe flat keepsakes that do not need to be returned.
- 03 Choose an opening date, seal the capsule, and store it indoors.

MAKE IT YOURS

Include one question for each person's future self.

ASK ALONG THE WAY

Which ordinary detail might be hardest to remember later?

ONE LAST FIELD NOTE

Seven down. Forty-five more waiting.

The full 52 Weekends Pack adds the complete card set, four quick-pick indexes, a supply map, and twelve blank family field cards.

SAFETY + LICENSE

Adult supervision is required. Adapt every plan for the child's age and abilities, allergies, weather, tools, small parts, water, food, pets, traffic, and local conditions.

Full pack: personal household use only. Print again for your household; do not resell, post publicly, or distribute. Sampler: share the original file freely, unchanged and without charge.

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