

AGENCY

What they ate, whether they ate, what they played, who they sat with, when they moved from breakfast to the games.

Staff established routines and expectations, so they could step back and let pupils make choices. The atmosphere stayed calm because kids felt trusted.



Learning how to choose things because in their everyday life as a child, you don't choose very much."
Parent, free breakfast club user



Free breakfast clubs can be a space which give children real control over their mornings

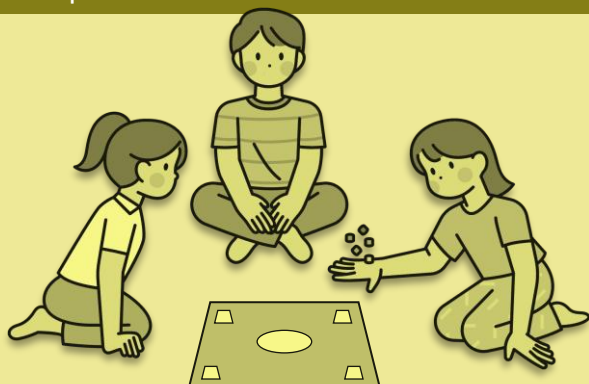


ACTIVITIES

Activities were simple and low-cost:

board games, card games, colouring, ball games. The variety let pupils **choose** something that matched their mood – quiet or active, social or solo.

Some schools ran **seasonal** one-offs to mix things up – one had a visit from Father Christmas in the run-up to the Christmas break.



FOOD

Variety matters more than quantity.

Even schools with the simplest set-ups found ways to offer choice in line with **School Food Standards**.

Hot options like **beans on toast** and **porridge** in schools with kitchens; cereals, high fibre bread – including **toast**, **crumpets**, **bagels** -- **yoghurt**, and **fresh fruit** almost everywhere else. Even when only one thing was on offer, schools built choice into it- **three cereals** rather than one, a few different bread options.



One school ran a **"world menu"** – a different country's food each day, with pupils getting a stamp in a passport every time they tried something new.

TRANSITIONS

Getting pupils in and out **smoothly** matters as much as what happens in between.

Clear signals for the end of the session (a bell, a warning, a tambourine) help kids wind down without a scramble.



Some schools **staggered** the exit by year group or key stage, rather than releasing everyone at once, avoiding a bottleneck as children moved into their classrooms.

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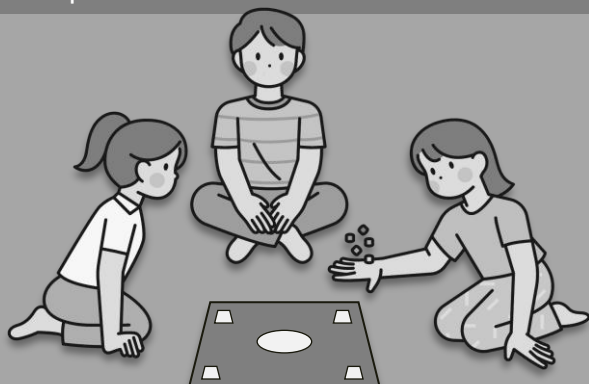


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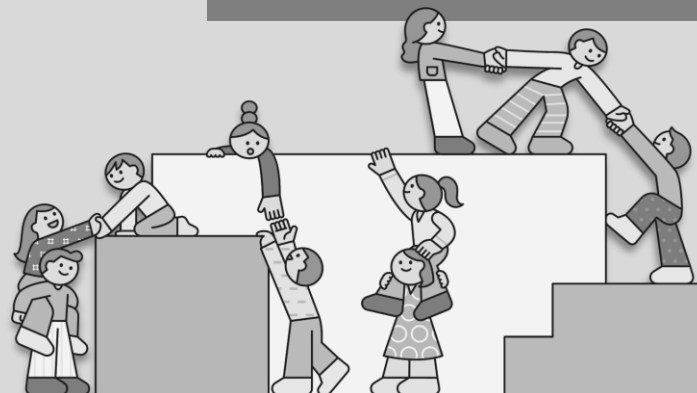


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