BIBLE STUDY & PRAYER

Find the verb in Micah 6:8

Read Micah 6:8. Pick one of its three instructions and turn it into something you could do before lunch.

ONE POSSIBLE ANSWER

For “love mercy,” let someone finish explaining a mistake before you respond.

FORGED: Daily Bible for Men

Scan or tap to open the App Store listing.

BIBLE STUDY & PRAYER

What does a gentle answer sound like?

Read Proverbs 15:1. Rewrite “You never listen” as something you could say without starting a fight.

ONE POSSIBLE ANSWER

“Can I finish this thought, then hear what you think?” keeps the request specific.

Lampstep: Bible for Real Life

Scan or tap to open the App Store listing.

BIBLE STUDY & PRAYER

Read Ruth like a detective

Read Ruth 2:1–3. Name one detail the narrator gives and one question the verses leave open.

ONE POSSIBLE ANSWER

Ruth goes out to glean. The verses do not tell us exactly how Ruth felt when she reached the field.

Wayfold: Understand the Bible

Scan or tap to open the App Store listing.

BIBLE STUDY & PRAYER

Put patience into words

Two children want the same marker. Give each a line that shows patience without giving up a turn.

ONE POSSIBLE ANSWER

“I’m using it for this leaf. You can have it next.” Then the other child can choose a colour while waiting.

Ninefruit: Fruit of the Spirit

Scan or tap to open the App Store listing.

BIBLE STUDY & PRAYER

Put three Bible scenes in order

Arrange these scenes from the book of Exodus: the Passover, the burning bush, and the crossing of the sea.

ONE POSSIBLE ANSWER

The burning bush comes first, then the Passover, then the crossing. Look in Exodus 3, 12 and 14.

Scrollway: Bible Study Game

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Name the end of the break

You open a social app during a study break. Pick an end time and one visible task to resume.

ONE POSSIBLE ANSWER

“At 2:10 I’ll close the app and write the first sentence of paragraph two.”

FocusPass: App Blocker

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Price a scrolling habit in time

A ten-minute scroll happens three times a day. How much time does that occupy in a seven-day week?

ONE POSSIBLE ANSWER

10 × 3 × 7 = 210 minutes, or 3 hours and 30 minutes.

Time Debt: Screen Time

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Shrink a task until you can start

The task is “organize the desk.” Replace it with one action that takes under two minutes.

ONE POSSIBLE ANSWER

Put the three loose receipts into one envelope. You can tell when that step is done.

Now: ADHD Task Starter

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Spot the missing symbol

Read this pattern: square, circle, circle, square, circle, circle, square, blank. What fills the blank?

ONE POSSIBLE ANSWER

A circle. The repeat is square–circle–circle. Try saying the three-symbol unit aloud.

Attention Age: Focus Test

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Hold four moves in memory

Read these once, cover them, then say them backwards: tap, snap, clap, wave.

ONE POSSIBLE ANSWER

Wave, clap, snap, tap. Make a second round by swapping the first and third actions.

SkillArena: Focus Training

Scan or tap to open the App Store listing.

FOCUS & SCREEN TIME

Find the rule behind the numbers

What comes next in 2, 5, 11, 23? Explain a rule that fits all four numbers.

ONE POSSIBLE ANSWER

47 fits the rule “double the last number and add one.” Other rules are possible if they fit every step.

Cognilo: Brain Training Games

Scan or tap to open the App Store listing.

HEALTH & HABITS

Count what left the bottle

A bottle starts with 750 mL. You pour 200 mL, then 150 mL. How much is left?

ONE POSSIBLE ANSWER

400 mL remains. Logging the two pours separately would give 350 mL in total.

Dropkin: Water Reminder

Scan or tap to open the App Store listing.

HEALTH & HABITS

Read a training log

One entry says 2 sets of 6 repetitions. The next says 2 sets of 8 at the same weight. What changed?

ONE POSSIBLE ANSWER

The second entry records four more repetitions in total. The number of sets and the weight stayed the same.

Sturdy: Strength on GLP-1

Scan or tap to open the App Store listing.

HEALTH & HABITS

Give a diary entry a date

A fictional note says “sleep was rough lately.” Rewrite it so the timing is clear to the reader.

ONE POSSIBLE ANSWER

“Monday: woke twice. Tuesday: slept through. Wednesday: woke once.” Record only what was observed.

My Midlife Story: Menopause

Scan or tap to open the App Store listing.

HEALTH & HABITS

Make a reminder unambiguous

Compare “done” with “8:05 a.m. — morning reminder acknowledged.” What can the second entry establish?

ONE POSSIBLE ANSWER

It records the time and the action acknowledged. A reminder entry alone cannot establish what someone took.

DoseBeacon: Pill Reminder

Scan or tap to open the App Store listing.

HEALTH & HABITS

Name a trigger without guessing

A fictional log says “3:15, waiting for the bus, craving.” Which details could someone reliably compare tomorrow?

ONE POSSIBLE ANSWER

Time and situation are recorded. The writer could add what happened next without assuming why the craving started.

CraveBreaker: Quit Vaping

Scan or tap to open the App Store listing.

HEALTH & HABITS

Trace a breath on paper

Put these structures in the order inhaled air encounters them: bronchi, nose, trachea.

ONE POSSIBLE ANSWER

Nose, then trachea, then bronchi. The bronchi branch inside the lungs.

Body Unpacked: Health Atlas

Scan or tap to open the App Store listing.

HEALTH & HABITS

Work backwards from lights-out

Lights-out is 10:30. Reading takes 15 minutes and getting ready takes 10. When does the routine start?

ONE POSSIBLE ANSWER

10:05. Begin getting ready at 10:05, start reading at 10:15, and finish at 10:30.

Sleepward: Bedtime Routine

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Connect three islands

Three islands sit on a straight line and need 1, 3, and 2 bridge ends. Connect neighbours only. How many bridges go in each gap?

ONE POSSIBLE ANSWER

One in the left gap and two in the right. The centre touches all three bridge ends.

Number Puzzles: Sumbriska

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Find the path that totals ten

Draw a 2×2 grid with 1 and 4 on top, 2 and 5 below. Starting at 1, reach 5 in two moves that total 10, including the start.

ONE POSSIBLE ANSWER

Move right to 4, then down to 5. The other two-move route totals 8.

Sumthread: Number Path Puzzle

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Build ten two ways

Make ten from exactly two positive whole numbers. Find a second pair that uses neither number from your first pair.

ONE POSSIBLE ANSWER

Examples are 3 + 7 and 4 + 6. There are five unordered pairs if you include 5 + 5.

Number Beasts: Bond Lab

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Read the next three gates

Start on the upper rail. Gate one allows either rail, gate two only the lower rail, gate three only the upper. What is the fewest flips?

ONE POSSIBLE ANSWER

Two. Switch down before gate two, then up before gate three.

Fluxo: Gravity Runner

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Choose where to spend the shield

In this paper round, one shield cancels one hit. The next three gates cost 1, 3 and 2 points. Where does the shield save the most?

ONE POSSIBLE ANSWER

Use it on gate two to cancel the three-point hit. Gates one and three cost three points together.

RushOrb: Storm Atlas

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

When does an upgrade pay back?

In a pretend idle game, an upgrade costs 60 coins and adds 3 coins per tick. How many ticks recover the cost?

ONE POSSIBLE ANSWER

20 ticks. After twenty ticks the extra income equals the original 60 coins.

Cash Empire Clicker

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Date the evidence

An envelope is postmarked 1912. A cataloguer's note attached to it is dated 1974. Which date tells you when the envelope passed through the mail?

ONE POSSIBLE ANSWER

The 1912 postmark. The later note is evidence about how the item was catalogued.

PastRush: History Detective

Scan or tap to open the App Store listing.

PUZZLES & ARCADE

Design a tiny creature habit

Invent a forest creature that changes when one small routine is complete. What action would visibly change it?

ONE POSSIBLE ANSWER

A fern creature uncurls one leaf when a book goes back on its shelf. Both the action and the change are observable.

Puffgrove: Grove Creatures

Scan or tap to open the App Store listing.

WORK & MONEY

Check a shift across midnight

A shift runs 9:30 p.m. to 2:00 a.m. with a 30-minute unpaid break. How much paid time is on the card?

ONE POSSIBLE ANSWER

4 hours. There are 2½ hours before midnight and 2 after, minus the half-hour break.

EarnCheck: Shift & Pay Tracker

Scan or tap to open the App Store listing.

WORK & MONEY

Catch the quieter annual charge

A service costs $12 a month or $120 a year. If it is used all year, how much less does the annual option cost?

ONE POSSIBLE ANSWER

$24. Twelve monthly charges total $144. Buying a year also commits the full $120 up front.

MoneyShield: Sub Tracker

Scan or tap to open the App Store listing.

WORK & MONEY

Quote a change before starting

A job was quoted at $400. The customer adds $75 of work and drops a $20 item. What is the revised pre-tax total?

ONE POSSIBLE ANSWER

$455. Keep the addition and the credit on separate lines so the change is easy to check.

ScopeBid: Estimate & Invoice

Scan or tap to open the App Store listing.

WORK & MONEY

Find the first bookable minute

A 45-minute appointment starts at 1:20 p.m. The calendar needs a 15-minute reset before the next client. When can that client start?

ONE POSSIBLE ANSWER

2:20 p.m. The first appointment ends at 2:05, leaving 15 minutes for the reset.

BookingSolved: Client Booking

Scan or tap to open the App Store listing.

FAMILY & HOME

Make a meeting place recognizable

A fictional family plan says “meet at the park.” Rewrite it so two people arriving separately would pick the same spot.

ONE POSSIBLE ANSWER
“At the blue bench beside the north entrance, on Oak Street.” Use a fictional place for group practice.

Family Ready: Emergency Plan

Scan or tap to open the App Store listing.

FAMILY & HOME

Write a repair note someone can use

Rewrite “the light is broken” using a location and one observable detail. Leave out guesses about the cause.

ONE POSSIBLE ANSWER
“Hallway ceiling light beside the linen cupboard does not turn on at the wall switch.”

RoomMend: Safer Home Plans

Scan or tap to open the App Store listing.

FAMILY & HOME

Show how eight gets to ten

You have eight counters and add five. Move just enough of those five to complete ten. How many remain, and what is the total?

ONE POSSIBLE ANSWER

Move two. Three remain, so 8 + 5 becomes 10 + 3 = 13.

Brainy Bucks: Math & Reading

Scan or tap to open the App Store listing.

RELATIONSHIPS & WRITING

Turn a complaint into a request

Rewrite “You always leave everything to me” as one request about a specific task today.

ONE POSSIBLE ANSWER

“Could you clear the table after dinner tonight?” The other person can answer the concrete request.

UnFight: Couples & Marriage

Scan or tap to open the App Store listing.

RELATIONSHIPS & WRITING

Fit a date into a real window

Two people have 75 minutes. The café is 10 minutes away each way. How many minutes can they spend there?

ONE POSSIBLE ANSWER
55 minutes. Agree on a departure time before choosing what to order or do.

SecondYes: Second Date Planner

Scan or tap to open the App Store listing.

RELATIONSHIPS & WRITING

Save one ordinary detail

Write a two-sentence letter to your future self. Include one sound, smell or object you might otherwise forget.

ONE POSSIBLE ANSWER
“The hall smelled of wet wool today. Your red mittens were still steaming on the radiator.”

Dear You: Daily Letters

Scan or tap to open the App Store listing.

SUNSET & OUTDOORS

Plan the shot backwards

Your chosen light starts at 5:18. Walking takes 14 minutes and setting up takes 6. When should you start walking to be ready on time?

ONE POSSIBLE ANSWER

4:58. You reach the spot at 5:12 and have six minutes to set up.

Asterfold: Sunset Planner

Scan or tap to open the App Store listing.