

The Think-Before-Bot Drill

20 minutes · ages 7–17 · the core rule of the whole course in one exercise.

Pen & paper

A timer

One AI tool on the parent's device, used together

- 1 Pick a real problem (2 min).** Ask: “What’s one thing in our home that could work better?” Mornings, the shoe pile, controller arguments — anything real. Real problems make thinking feel worth it.
- 2 Think first, on paper (5 min).** Timer on. Your child writes their own answer: what’s wrong, why it happens, one idea to fix it. Messy is fine. The only rule: the timer finishes before any screen appears.
- 3 Three clarifying questions (3 min).** Not to poke holes — to make them explain their reasoning out loud: “What would make this fail?” “Who else does this affect?” “How would we know it worked?”
- 4 Now bring in the AI, together (5 min).** On your device, side by side, ask the AI to critique the plan: risks, missing supplies, a first small experiment. Then the key question: “What did it catch that we missed — and what did we know that it didn’t?” The AI becomes a coach reviewing their work, not a machine doing it.
- 5 Run it and reflect (this week).** Try the fix for a few days. Then three sentences: what happened, what surprised you, what you’d change. Tape it to the fridge — first page of the portfolio.

SAFETY RULES WE USE IN EVERY WORKOUT

- A parent is present whenever AI is used — parent’s account, parent’s device.
- Never enter your child’s name, school, photos, or personal details into an AI tool.
- The child’s own thinking comes first, on paper, before the AI sees anything.

THIS IS ONE WORKOUT FROM WEEK 2 OF 10

The full Human Edge System: a parent lesson, word-for-word conversation script, family workout, reflection, and advanced challenge for every week — truth-checking, communication, real-world making, resilience, money sense, purpose, and a final portfolio. aiageparent.com