

The Future-Proof Kid.

The Printable Pack

Print these once, stick them on the fridge, and keep them for years. Everything here works with the 4-week plan in your app.

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The 5 AI-Proof Skills

The fridge cheat sheet: what to watch for, at every age

Sharp Thinking

Your child learns to ask "how do I know that's true?" before believing what a screen tells them.

Early warning sign: They repeat things from videos or chatbots as fact, and get annoyed when you ask "how do you know?"

5-8: Asks "is that real?" about ads, cartoons, or a wild claim from a friend. · **9-12:** Checks a second source before repeating a fact they saw online. · **13-17:** Can explain why an AI answer or viral post might be wrong, and how they would verify it.

Real Creativity

Your child makes their own things, stories, drawings, builds, ideas, instead of only consuming what others made.

Early warning sign: When they get free time, their only idea is to open a screen and watch someone else create.

5-8: Turns boredom into a game, a drawing, or a fort without being told what to make. · **9-12:** Finishes small projects of their own, like a comic, a recipe, or a build they designed themselves. · **13-17:** Has at least one thing they make and improve over time, like music, videos, code, or a small business idea.

People Skills

Your child can look someone in the eye, really listen, work with a team, and make other people feel heard.

Early warning sign: They avoid face-to-face moments, like ordering food or greeting guests, and route everything through a screen.

5-8: Greets adults, takes turns, and notices when a friend is sad. · **9-12:** Can settle a small argument with a sibling or friend without an adult stepping in. · **13-17:** Orders at a restaurant, makes real phone calls, and can lead a small group without hiding behind texts.

Drive and Grit

Your child starts things without being pushed, sticks with hard things, and owns the result, good or bad.

Early warning sign: They quit anything that stops being fun in the first five minutes, then wait for someone else to fix it.

5-8: Keeps trying a tricky puzzle or task a few minutes longer instead of quitting at the first wall. · **9-12:** Starts homework or chores without ten reminders, and finishes what they signed up for. · **13-17:** Sets a goal of their own, like a job, a team, or a project, and works at it for weeks without you driving it.

Learning to Learn

Your child knows how to figure out new things, new tools, new topics, new rules, without panic.

Early warning sign: New teachers, new tools, or new situations trigger "I'm just not good at this" instead of curiosity.

5-8: Asks "why" and "how" questions, and likes trying things they have never done before. · **9-12:** When stuck, tries a different approach or looks it up instead of saying "I can't." · **13-17:** Teaches themselves a skill from scratch, like an instrument, a language, or software, and can tell you how they learned it.

One skill per week is plenty. Small reps beat big speeches.

The Homework Rules

The fridge edition: our family's AI-and-homework policy

Print this. Fridge. Done.

This is a middle-path policy. AI as tutor: yes. AI as ghostwriter: no. Read it together once, then let the paper do the enforcing.

OUR HOUSE RULES: AI AND HOMEWORK

1. First try is always yours. Attempt every assignment with your own brain before you open any AI.

Why: you can't judge an answer if you never formed your own.

2. AI can explain, it cannot do. Ask it "why" and "how does this work," never "write this for me."

Why: the struggle is where the learning happens. Skip it and nothing sticks.

3. If you used AI, you say so. Tell us how you used it, out loud, zero shame.

Why: honesty keeps it a tool. Secrecy turns it into cheating.

4. You can explain your work with the screen off. Anything you turn in, you can teach back.

Why: if you can't explain it, it isn't yours yet.

5. AI never gets the last word. Facts get checked against your book, your notes, or one other source.

Why: AI states wrong things with total confidence.

6. Not sure if it's allowed? Ask before, not after.

Why: asking first builds judgment. Asking after builds excuses.

Your verification ritual: the Teach-Back (2 minutes, twice a week)

Pick one piece of finished homework. Screens closed. Your kid explains it to you like you're the student. Ask one honest "why" question about it.

If they can teach it, it's theirs. Say so and move on. If they can't, no punishment, no speech. Just: "Looks like this one isn't yours yet. Take another pass and show me tomorrow."

Keep it light. This is a habit, not a trap. Two minutes, twice a week, is enough to make Rule 4 real.

Real or Fake? **Ages 5-8**

Read a card aloud. Your child votes: real or made up? Then read the answer together.

Eating lots of carrots gives you the power to see in the dark.

#1

Real ... or made up?

An octopus has three hearts.

#2

Real ... or made up?

Babies are born with more bones than grown-ups have.

#3

Real ... or made up?

A goldfish forgets everything after three seconds.

#4

Real ... or made up?

Honey found in tombs from thousands of years ago was still safe to eat.

#5

Real ... or made up?

The sun and the moon are the same size.

#6

Real ... or made up?

Ostriches hide from danger by burying their heads in the sand.

#7

Real ... or made up?

Astronauts get a little taller while they are in space.

#8

Real ... or made up?

Answer key (fold this part back before playing)

#1 FAKE · Carrots help keep your eyes healthy, but the night vision story was made up long ago, and no food gives you super sight.

#2 REAL · Two hearts push blood to its gills and one pushes blood to the rest of its body, and its blood is even blue.

#3 REAL · Babies start with around 300 bones, and some of them slowly join together until a grown-up has just 206.

#4 FAKE · Goldfish can actually remember things for months, and some have even learned to swim through little hoops to get food.

#5 REAL · Honey almost never spoils, so pots found in ancient Egyptian tombs were opened and the honey inside was still good.

#6 FAKE · They only look the same from Earth, because the sun is about 400 times wider but also about 400 times farther away.

#7 FAKE · Ostriches really run super fast or lie flat on the ground, and the story probably started because they dip their heads down to turn their eggs.

#8 REAL · Without gravity squishing it, an astronaut's spine stretches out about two inches, then shrinks back after landing.

Real or Fake? Ages 9-13

Same game, trickier cards. "Cannot tell yet, let's check" is a winning answer.

Sharks were swimming in the oceans before trees existed on land.

#9

Real ... or made up?

Humans only use 10 percent of their brains.

#10

Real ... or made up?

If a photo online has millions of likes, the website has already checked that it is real.

#11

Real ... or made up?

A single day on Venus lasts longer than a whole year on Venus.

#12

Real ... or made up?

The Great Wall of China is the only human-made thing you can see from space.

#13

Real ... or made up?

The Eiffel Tower gets taller in the summer.

#14

Real ... or made up?

Cleopatra lived closer in time to the moon landing than to the building of the Great Pyramid.

#15

Real ... or made up?

Chatbots answer questions by looking them up in a giant list of facts checked by scientists.

#16

Real ... or made up?

Answer key (fold this part back before playing)

#9 REAL · Sharks showed up around 450 million years ago, tens of millions of years before the first true trees ever grew.

#10 FAKE · Brain scans show that almost every part of your brain gets used, even while you sleep, so this famous line is just a myth that sounds scientific.

#11 FAKE · Likes only count how many people tapped a button, and nobody checks whether a photo is real before it spreads, which is why fake pictures go viral all the time.

#12 REAL · Venus spins so slowly that one full turn takes 243 Earth days, while its whole trip around the sun takes only 225.

#13 FAKE · Astronauts say the wall is too narrow to pick out with the naked eye, while things like city lights at night are much easier to spot.

#14 REAL · Heat makes the iron expand, so on hot days the tower really does grow by about six inches.

#15 REAL · The Great Pyramid was already about 2,500 years old when Cleopatra was born, and the moon landing happened less than 2,000 years after her.

#16 FAKE · Chatbots learn patterns from mountains of text and guess which words should come next, so they can sound very sure and still be wrong, which is why we double-check what they say.

How to run the game

- If your child guesses wrong, smile and say let's check together, because the goal is building the habit of checking, not getting a high score.
- Model curiosity out loud by saying I'm not sure either, then looking it up in a book or a trusted site so your child sees that grown-ups check things too.
- Stop after five or six cards while it still feels like a game, and let your child be the one who asks to play again tomorrow.

Two Headlines, One Story

Read both headlines about the same true story. Which one informs you? Which one plays you?

VIDEO GAMES

Headline A: New study suggests puzzle video games may help kids practice problem solving.

Headline B: SCIENTISTS STUNNED: kids who play THIS game are getting smarter and parents had no idea!

Ask: Which words in the second headline are there to grab your feelings instead of giving you facts?

ANIMALS

Headline A: City zoo announces the birth of a healthy baby giraffe.

Headline B: Zookeepers walked in this morning and could NOT believe what was standing in the giraffe barn!

Ask: The second headline hides the news to make you click, so what is it hiding and why would it do that?

SCHOOL

Headline A: School district moves start time 30 minutes later, and students say they feel more rested.

Headline B: Is your school BANNING mornings?! The huge schedule shake-up that has everyone talking!

Ask: What did the second headline add that the facts do not say?

FOOD

Headline A: Students vote to add a new veggie pizza to the school lunch menu.

Headline B: Lunch will NEVER be the same: the pizza decision that is dividing the whole school!

Ask: Both headlines are about the same pizza vote, so which one actually tells you what happened?

SPORTS

Headline A: Local youth soccer team wins the league final with a goal in the last minute.

Headline B: MIRACLE ON THE FIELD: the ending nobody saw coming will give you chills!

Ask: The second headline calls it a miracle, so was it magic, or was it practice plus one lucky moment, and how could you find out?

SPACE

Headline A: Telescope spots a new planet orbiting a faraway star.

Headline B: Astronomers just found a SECRET WORLD hiding in deep space and it could change EVERYTHING!

Ask: The word secret makes it sound like someone hid the planet on purpose, so did anyone hide it, or did we simply find it?

The 4-Week Tracker

Child: _____ · Age band: _____ · Started on: _____

Week	Activity 1	Activity 2	Activity 3
Week 1	☐ _____	☐ _____	☐ _____
Week 2	☐ _____	☐ _____	☐ _____
Week 3	☐ _____	☐ _____	☐ _____
Week 4	☐ _____	☐ _____	☐ _____

Copy the activity names from your child's plan in the app, or just check the boxes as you go. A missed day is not a failed week.