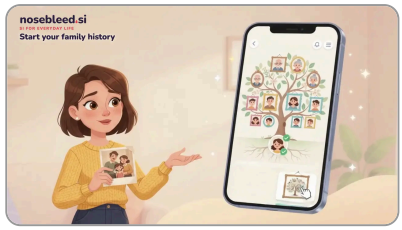
Start your family history



Use AI to plan where to begin, what to ask, and where the records are, then check everything it tells you.

By the end, you'll be able to:

- write down what you already know
- use AI to plan your next steps
- spot when AI has filled a gap with a guess

Warm-up How far back can you go?

Talk about it with your group. Do you know the names of your grandparents? Your great-grandparents? Where did they live?

1 Start with what you know

Fill in what you know, even if it's only a first name or a town. Leave a gap if you don't know.

	Name, and roughly when and where born
You	
Your mother	
Your father	
A grandparent	
Another grandparent	
A great-grandparent	

2 Ask AI for a plan

If you have a device, try this prompt. Use first names and rough dates only.

TRY THIS PROMPT

I'd like to start my family history. My grandmother Edith was born in about 1915, near Leeds, and married a coal miner called Arthur. Please give me a simple plan: what to ask my family, which records to look for, and which free sources might help. Please don't guess any facts about my family.

3 Fact or guess?

Here's part of an answer an AI gave. Some of it is a useful tip, and some is a guess presented as fact. Tick each.

	Useful tip	Guess
"Ask older relatives for names, dates and places, and look for old letters and photos."		
"Edith's maiden name was Edith Clarke, and she had four sisters."		
"Look for her marriage in the official birth, marriage and death indexes."		
"Arthur worked at Temple Newsam pit from 1931 to 1952."		

Talk about it: why might a guess like this be easy to believe? What could go wrong?

4 Your questions

Write three questions you could ask an older relative. For example: "Where did Grandma go to school?"

5 Good habits

- AI may invent names, dates and places. Check every fact in a real record.
- Write down where each fact came from, so you can find it again.
- Take care with living relatives' details. Ask before sharing them.

> **No device?** In pairs, interview each other about one grandparent for five minutes, and make notes.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/start-your-family-history**

Teacher notes: Start your family history

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Edith and Arthur are made up. Some learners may not know their families, or may have painful family stories, so let everyone choose how much they share. Part 1 can be done about anyone.

Running order

5 min	**Warm-up.** How far back can we go?
10 min	**Part 1.** Write down what you know.
20 min	**Parts 2 and 3.** Try the prompt, then spot the guesses.
10 min	**Part 4.** Questions for a relative.
5 min	**Wrap-up.** Every fact needs a source.

Answers: Part 3

Useful tips: asking older relatives; looking in the official indexes.
Guesses: Edith's maiden name and sisters, and Arthur's pit and dates. The AI had no way of knowing these. They sound convincing, which is why they're risky.

Discussion points

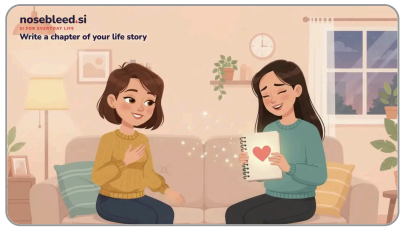
- Family history mistakes get copied from one family tree to another. Check the original record.
- AI is good at plans, checklists and explaining old words, like job titles on a census.

Where the records are (UK)

- **Births, marriages and deaths:** the General Register Office indexes for England and Wales; ScotlandsPeople for Scotland; GRONI for Northern Ireland.
- **Census:** taken every ten years. In England and Wales, the most recent open to the public is 1921. The 1931 census was destroyed in a fire, so the 1939 Register helps fill the gap.
- **Free help:** local archives and libraries, and volunteer indexes such as FreeBMD.

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Write a chapter of your life story



Use AI to turn your memories into a short chapter, in your own voice, for your family to keep.

By the end, you'll be able to:

- jot down the details of one memory
- use AI to shape your notes into a short chapter
- make sure it still sounds like you, and keeps to the facts

Warm-up Which memory would you choose?

Talk about it with your group. A first job? A wedding? A house you lived in? A holiday you still remember?

1 Gather the details

Choose one memory. Make notes: just words and phrases are fine.

	Your notes
When and where?	
Who was there?	
What could you see, hear or smell?	
What happened?	
How did you feel then, and now?	

2 Ask AI to shape it

If you have a device, try this prompt with your notes.

TRY THIS PROMPT

Please help me turn these notes into a short chapter of my life story, about 300 words. Write it in the first person, in a warm, simple style, as if I'm telling it to my grandchildren. Only use the details I've given you: don't add anything. Here are my notes:

3 Does it sound like you?

Mary's notes said: *"First job, 1962, Woolworths in Bolton, aged 15. Sweets counter. Wage £3 a week, gave Mum £2. Manager Mr Shaw was strict."* An AI wrote this. Underline **two** things it added that weren't in her notes.

EXAMPLE CHAPTER

In the summer of 1962, aged 15, I started my first job on the sweets counter at Woolworths in Bolton. I earned £3 a week, and I proudly gave Mum £2 of it. Mr Shaw, the manager, was strict, but he had a kind smile, and on my last day he gave me a box of chocolates.

The two things it added:

4 Make it yours

AI can sound a little too polished. Write one sentence the way **you** would say it, with a word or saying from your family.

5 Next steps

- Read it aloud. Change anything that doesn't sound like you.
- Ask AI for questions that help you remember more: "What else could I add?"
- Keep a copy safe, and share it with family. Add a photo if you have one.

> **No device?** In pairs, tell your memory to a partner for three minutes. Your partner writes down the key words, and asks one question.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/write-a-chapter-of-your-life-story**

Teacher notes: Write a chapter of your life story

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with a memory of your own. Mary is made up. Some memories may be emotional, so encourage learners to choose one they're happy to share.

Running order

5 min	**Warm-up.** Choosing a memory.
15 min	**Part 1.** Gather the details.
15 min	**Parts 2 and 3.** Try the prompt, then spot the additions.
10 min	**Part 4.** Putting their own voice back in.
5 min	**Wrap-up.** Volunteers read a few lines aloud.

Answers: Part 3

1. "He had a kind smile" was added.
2. The box of chocolates on her last day was made up.

("In the summer" is a small addition too: well spotted if anyone finds it.) AI fills gaps to make a story flow, but a life story should be true.

Discussion points

- Sense details (sounds, smells, prices) bring a memory to life.
- Family sayings and local words make it sound like the writer. AI tends to smooth them out.
- A chapter a week soon becomes a book.

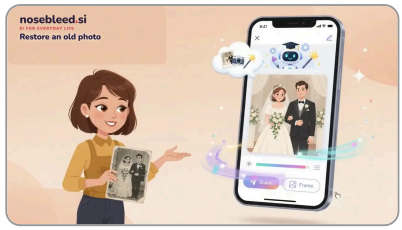
Adapting it

Extension: ask AI to suggest ten questions about a different part of life, such as school days or a first home, to start the next chapter.

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Restore an old photo

Use AI to repair a faded or creased photo, and check it hasn't changed the people in it.



By the end, you'll be able to:

- take a good copy of an old photo
- ask AI to repair it, carefully
- check the result, and keep the original safe

Warm-up What's the oldest photo in your family?

Talk about it with your group. Where is it kept? What condition is it in? Who's in it?

1 Take a good copy

Before AI can help, you need a clear copy on your phone or computer. Tick the good habits.

	Good idea	Not a good idea
Lay the photo flat, near a window, out of direct sun		
Use the flash		
Hold the phone straight above the photo		
Take it out of the frame, so there's no glass reflection		
Fill the screen with the photo		
Iron out the creases first		

2 Ask AI to repair it

You'll need an AI app that can work with pictures. If you have one, share your copy and try this prompt.

TRY THIS PROMPT

Please gently restore this old photo. Remove the creases, spots and scratches, and improve the faded parts. Keep the people's faces, hair and clothes exactly as they are: don't add or change any details.

3 Spot the changes

When AI repairs a photo, it sometimes invents things. Tick the changes that would be a problem.

	Fine	A problem
The creases have gone		
Grandad now has a different nose		
The faded sky is blue again		
A smile has been added		
A missing corner has been filled in with made-up background		
The spots have gone		

Talk about it: why does it matter if AI changes a face, even a little?

4 Colour, or no colour?

AI can add colour to black-and-white photos. But it has to guess the colours. How would you label a coloured copy, so family know?

5 Keep it safe

- Always keep the original photo, and the plain copy you took.
- Save the restored version as a new copy, with a name like "Wedding 1958, restored".
- Write the names, place and year on the back of the original, in soft pencil.

> **No device?** Pass round some old photos (copies, not originals). In pairs, list what's damaged, and what you'd ask AI to fix.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/restore-an-old-photo**

Teacher notes: Restore an old photo

Time: 45 to 60 minutes

Group: any size; works well in pairs

Level: beginners; no AI experience needed

You'll need: a copy per learner; old photos (copies); phones or tablets with an AI app that can edit pictures (optional)

Before the session

Try the prompt with an old photo of your own. Not every AI chat app can edit photos, and some only do it on paid plans, so check what yours can do first. Bring a few printed copies of old photos for learners without their own.

Running order

5 min	**Warm-up.** Old family photos.
10 min	**Part 1.** Taking a good copy. Demonstrate with a phone.
20 min	**Parts 2 and 3.** Try the prompt, then what counts as a problem.
10 min	**Parts 4 and 5.** Colour, and keeping originals safe.
5 min	**Wrap-up.** Repair, don't rewrite.

Answers: Part 1

Good: lay it flat by a window; hold the phone straight above; take it out of the frame; fill the screen.
Not good: the flash causes glare; ironing can ruin an old photo.

Answers: Part 3

Fine: creases gone; spots gone; the sky (though a "blue" sky is a guess).
A problem: a different nose; an added smile; a made-up corner, if no one knows it's made up.

Part 4

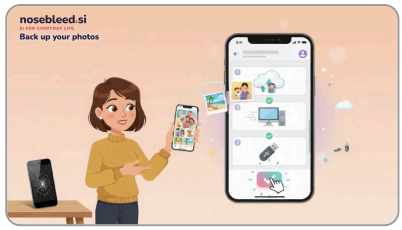
For example: "Colour added by AI in 2026. The colours are a guess." Without a label, a guess can become "fact" for future generations.

Discussion points

- Compare the restored copy with the original, side by side, especially faces.
- Old photos are personal. Think about privacy before sharing pictures of living people.
- For very precious or badly damaged photos, a professional restorer is another option.

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Back up your photos



Use AI to make a simple plan for keeping safe copies of your photos, so a lost phone doesn't take your memories with it.

By the end, you'll be able to:

- explain what a backup is, and why it matters
- use AI to get steps for your own phone or computer
- follow the 3-2-1 rule

Warm-up What would you lose?

Talk about it with your group. If your phone was lost tomorrow, which photos would you miss most? Do you know if they're backed up?

1 Where are your photos?

Tick where your photos are kept now. Then count: how many places is each photo in?

☐ Only on my phone ☐ On a computer or laptop ☐ On a memory stick or hard drive

☐ In online storage (the cloud) ☐ Printed in albums ☐ I'm not sure

THE 3-2-1 RULE
Keep **3** copies of your photos, on **2** different kinds of storage, with **1** copy kept somewhere else (like online, or at a relative's house).

How close are you to 3-2-1? What's missing?

2 Ask AI for the steps

AI can only give the right steps if it knows what you have. Fill in your details.

	My details
My phone or tablet (make and model)	
My computer, if any	
Roughly how many photos?	
Anything I already use?	

If you have a device, try this prompt with your details.

TRY THIS PROMPT

I have an Android phone and a Windows laptop, and about 3,000 photos. Please explain, in simple numbered steps, how to keep a safe copy of my photos in two places. Tell me about any costs, and how to check it has worked.

What did AI tell you to do first? (No device? What would you ask it?)

3 Check the advice

An AI gave these tips. Tick whether each is good advice.

	Good	Not good
Check that a few photos really appear in the backup		
Delete the photos from your phone as soon as they're backed up		
Use a strong password for your online storage account		
A memory stick in the same drawer as the laptop is all you need		
Check how much free storage you get before paying		

4 Your plan

Write the first step you'll take this week.

> **No device?** In pairs, draw where one person's photos are now, and where copies could go, to meet the 3-2-1 rule.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/back-up-your-photos**

Teacher notes: Back up your photos

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with your own phone. Steps differ between phones and computers, so AI is useful here: it can tailor the steps. Learners don't need to set anything up in class.

Running order

5 min	**Warm-up.** What would we lose?
10 min	**Part 1.** Where photos are, and the 3-2-1 rule.
20 min	**Part 2.** Fill in details, then try the prompt.
10 min	**Parts 3 and 4.** Check the advice, then make a plan.
5 min	**Wrap-up.** Back up, then check it worked.

Answers: Part 3

Good: check photos appear in the backup; a strong password; check free storage first.
Not good: deleting photos straight away (check the backup first, and keep two copies); a memory stick in the same drawer (a fire or burglary could take both).

Discussion points

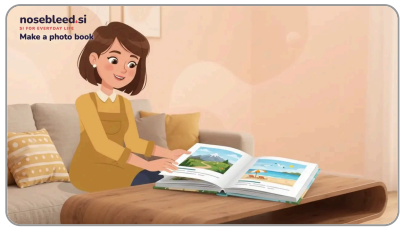
- Phones usually come with an online backup option, often with some free storage. More space usually costs a monthly fee.
- Memory sticks and hard drives can fail. Check them now and then.
- Printed albums are a backup too, for the photos that matter most.

Safety notes

- Turn on two-step verification for online storage accounts, if you can.
- Be wary of messages saying your storage is full and asking you to pay through a link: they may be scams. Check in the phone's own settings.

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Make a photo book



Use AI to plan the story of a photo book, and write short captions, then check every name and date.

By the end, you'll be able to:

- choose a theme, and put photos in a good order
- use AI to help write captions
- check captions for made-up details

Warm-up Who would you make a photo book for?

Talk about it with your group. A grandchild? A special birthday? A year of holidays? A memorial book?

1 Plan the story

Choose a theme. Then plan the book in sections, like chapters.

	Your plan
The book is for:	
The theme or title:	
Section 1:	
Section 2:	
Section 3:	
The last page:	

2 Ask AI for ideas

If you have a device, try this prompt with your plan.

TRY THIS PROMPT

I'm making a photo book for my grandson's 18th birthday, with photos from his birth to now. Please suggest a title, how to group the photos into five sections, and a short caption idea for each section. Keep it warm and simple, and leave gaps where I need to add names and dates.

3 Check the captions

Lily's notes said: *"Sam's first day at school, September 2013, Oak Lane Primary."* An AI wrote these captions. Tick each.

	Right	Has a mistake
"Sam's first day at Oak Lane Primary, September 2013"		
"Sam's first day at school, September 2012, with his best friend Jake"		
"Ready for big school! September 2013"		

Write a better version of the caption with the mistake.

4 Write a caption

Think of one photo you'd put in your book. Write a caption: who, where, when, and one short memory.

5 Before you order

- Check every name, date and place against what you know.
- Proofread the whole book on screen, then ask someone else to look too.
- Use good-quality copies of photos: small or blurry ones look worse when printed.
- Compare prices, and check delivery times if it's for a special date.

> **No device?** In small groups, lay out ten printed photos (or photo cards) in the order you'd put them in a book, and agree section titles.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/make-a-photo-book**

Teacher notes: Make a photo book

Time: 45 to 60 minutes

Group: any size; works well in pairs

Level: beginners; no AI experience needed

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Lily, Sam and Oak Lane Primary are made up. Photo books are made through printing companies' websites or apps; learners don't need to order anything in class.

Running order

5 min	**Warm-up.** Who would we make a book for?
15 min	**Part 1.** Plan the sections.
15 min	**Parts 2 and 3.** Try the prompt, then check the captions.
10 min	**Parts 4 and 5.** Write a caption; before you order.
5 min	**Wrap-up.** Share a favourite caption.

Answers: Part 3

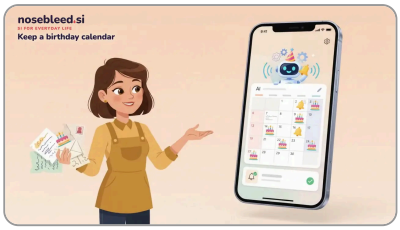
Right: the first and third captions.
Has a mistake: the second. The year is wrong (2012, not 2013), and Jake was made up.

Discussion points

- A clear theme makes it easier to choose photos, and to leave some out.
- AI is good for titles and caption ideas, but only the family knows the facts.
- A memorial book can be a comforting project. Go gently.

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Keep a family birthday calendar



Use AI to turn a jumble of family birthdays into a tidy calendar, month by month, then check every date.

By the end, you'll be able to:

- gather family birthdays and anniversaries
- use AI to sort them into a calendar
- check dates and ages, and set reminders

Warm-up Which birthday do you always nearly forget?

Talk about it with your group. Where do you keep birthdays now: a diary, a calendar on the wall, your phone, your head?

1 Sort the jumble

Here are the made-up birthdays from the back of Rose's old diary. Write them in order, starting from January.

ROSE'S LIST

Ben 14 Sept (born 2015) · Grace 2 Feb (born 1990) · Dad's anniversary 30 June · Mia 21 Dec (born 2019) · Tom 5 May (born 1988) · Auntie Pat 11 Feb (born 1946)

	Name and date
1.	
2.	
3.	
4.	
5.	
6.	

2 Ask AI to make the calendar

If you have a device, try this prompt with Rose's list. First names only: no surnames or addresses needed.

TRY THIS PROMPT

Please put these family birthdays into a calendar, month by month. For each birthday, tell me how old the person will be in 2027, and remind me to post a card a week before. Show your working for the ages. Here's the list:

3 Check the ages

An AI gave this answer. Work out the ages yourself. Is each one right?

EXAMPLE AI ANSWER

February: Grace (2nd), turns 37. Auntie Pat (11th), turns 80.
May: Tom (5th), turns 39.
September: Ben (14th), turns 11.
December: Mia (21st), turns 7.

The mistakes are: _____

4 Set reminders

How will you be reminded? Tick the ones you'd like to try.

☐ A printed calendar on the fridge ☐ Reminders on my phone

☐ A list in my diary ☐ Ask a family member to share their calendar

AI can also help with the card. Write a prompt asking for a short verse for a 7-year-old's birthday card.

5 Good habits

- Check every date and age. AI can slip with sums.
- Add the dates to a calendar you already look at.
- Keep the list somewhere safe: dates of birth are personal details.

> **No device?** In pairs, sort Rose's list on paper, and work out each person's age in 2027. Compare answers.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/keep-a-birthday-calendar**

Teacher notes: Keep a family birthday calendar

Time: 45 to 60 minutes

Group: any size; works well in pairs

Level: beginners; no AI experience needed

You'll need: a copy per learner; calendars or diaries; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Rose's list. Rose and her family are made up. Dates of birth are often used in security questions, so encourage first names only when using AI.

Running order

5 min	**Warm-up.** How we keep track now.
10 min	**Part 1.** Sort Rose's list.
20 min	**Parts 2 and 3.** Try the prompt, then check the ages.
10 min	**Part 4.** Reminders and a card verse.
5 min	**Wrap-up.** Check dates, keep them safe.

Answers: Part 1

Grace 2 Feb; Auntie Pat 11 Feb; Tom 5 May; Dad's anniversary 30 June; Ben 14 Sept; Mia 21 Dec.

Answers: Part 3

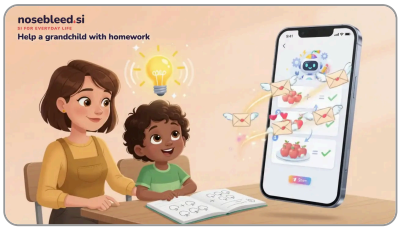
Grace 37 (right); Pat 81, not 80; Tom 39 (right); Ben 12, not 11; Mia 8, not 7.
The AI also **left out Dad's anniversary** on 30 June.

Discussion points

- AI often gets ages wrong by one year. Check: birthday year minus birth year.
- Things left out are harder to spot than things that are wrong. Count the items.
- Phone calendars can repeat a birthday every year automatically.

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Help a grandchild with homework



Use AI to help you explain a homework question step by step, so your grandchild understands it, not just copies the answer.

By the end, you'll be able to:

- ask AI to explain, not just give the answer
- check AI's working
- use AI to make up practice questions

Warm-up How has school changed?

Talk about it with your group. What's different about homework now? Have you been asked about "number bonds" or "fronted adverbials"?

1 Explain, don't answer

Which prompt would help a child learn? Tick one, and say why.

A What's the answer to 3,642 – 1,815?

B My granddaughter is 9. Please help me explain how to work out 3,642 – 1,815 using column subtraction, one step at a time, in words she'll understand. Don't give the final answer: let her get there.

Why?

2 Try it

If you have a device, try prompt B, or this one.

TRY THIS PROMPT

My grandson is 10 and has to find the place value of each digit in 3,642. Please explain place value simply, with a picture or example he could draw, and give me two practice questions to try with him.

3 Check the working

An AI explained place value like this. It has **one mistake**. Find it.

EXAMPLE AI EXPLANATION

In 3,642, the 3 is worth 3,000. The 6 is worth 60. The 4 is worth 40, and the 2 is worth 2. So 3,642 = 3,000 + 60 + 40 + 2.

The mistake is:

4 Make practice questions

AI can make up extra practice. Write a prompt asking for five practice questions on a topic a child you know is learning, with the answers on a separate list.

5 Good habits

- Ask AI to explain the steps; let the child do the work.
- Check the answers: AI can make mistakes, even with simple sums.
- Don't share the child's full name, school or photos.
- If a method is new to you, ask AI: "How do schools teach this now?"

> **No device?** In pairs, one of you is the grandparent and one is the child. Explain 3,642 – 1,815 step by step, without giving the answer.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/help-a-grandchild-with-homework**

Teacher notes: Help a grandchild with homework

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; paper for working; phones or tablets with an AI chat app (optional)

Before the session

Try both prompts. The methods in the prompts are those commonly taught in UK primary schools. Many schools set rules on using AI for homework, so the focus here is on helping the adult explain, not on the child using AI.

Running order

5 min	**Warm-up.** How school has changed.
10 min	**Part 1.** Explain or answer?
20 min	**Parts 2 and 3.** Try a prompt, then check the working.
10 min	**Parts 4 and 5.** Practice questions and good habits.
5 min	**Wrap-up.** Explain, don't answer.

Answers: Part 1

B. It gives the child's age, the method, and asks for steps without the answer, so the child does the thinking. (The answer is 1,827.)

Answers: Part 3

The 6 is worth **600**, not 60. The sum should be 3,000 + 600 + 40 + 2. A wrong explanation can confuse a child, so check before you teach.

Jargon

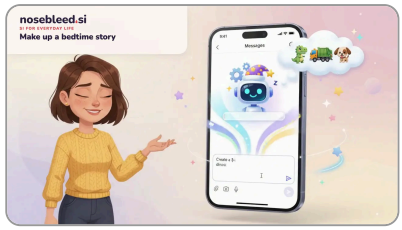
Place value: what a digit is worth because of where it sits.
Column subtraction: taking away one digit at a time, right to left, "exchanging" (borrowing) when needed.
Fronted adverbial: a phrase at the start of a sentence, like "After lunch,".

Discussion points

- Children may be taught different methods from the ones we learned. Asking how they do it at school builds trust.

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Make up a bedtime story



Use AI to make a short, gentle bedtime story starring a child you know, then check it's just right for them.

By the end, you'll be able to:

- give AI the ingredients for a good story
- check a story suits the child's age
- keep the child's personal details private

Warm-up What was your favourite bedtime story?

Talk about it with your group. Who read it to you? Which stories did you read to your own children?

1 Choose the ingredients

Plan a story for a child you know (or make one up). Use a first name or a nickname only.

	Your ingredients
The child's first name and age	
Their favourite animal or toy	
Where the story happens	
A small problem to solve	
How long? (2, 5 or 10 minutes)	

2 Ask AI for the story

If you have a device, try this prompt with your ingredients.

TRY THIS PROMPT

Please write a gentle bedtime story for a 5-year-old called Poppy, who loves rabbits. It's set in a garden at night, and the problem is that the moon has lost its shine. Keep it calm, cosy and happy, with nothing scary, and make it about 3 minutes long to read aloud.

3 Check the story

Here's part of a story an AI wrote for a different child. Underline **two** things you'd change, and say why.

EXAMPLE STORY

Once upon a time, Alfie, who lives at 14 Mill Street and goes to Hill Top School, found a dark, dark cave. Inside, a huge monster with glowing red eyes was waiting to gobble him up...

Talk about it: how would you ask AI to make the story better?

4 What would you change?

Write down the two things you'd change in Part 3, and why.

5 Make it special

Tick the follow-ups you'd like to try.

☐ "Please make it rhyme." ☐ "Please make it shorter."

☐ "Please add the name of her teddy, Mr Buttons." ☐ "Please end with everyone falling asleep."

> **Tip:** read the story yourself before bedtime, so there are no surprises.

> **No device?** In small groups, make up a story out loud. Each person adds one sentence. Keep it calm and cosy!

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/make-up-a-bedtime-story**

Teacher notes: Make up a bedtime story

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Poppy and Alfie are made up. This is a good, low-pressure activity for learners who are new to AI.

Running order

5 min	**Warm-up.** Favourite bedtime stories.
10 min	**Part 1.** Choose the ingredients.
15 min	**Parts 2 and 3.** Try the prompt, then check the story.
15 min	**Parts 4 and 5.** What to change; follow-ups.
5 min	**Wrap-up.** Volunteers read a few lines aloud.

Answers: Parts 3 and 4

1. **The address and school.** Don't put a child's address or school into an AI chat, or into a story that might be shared.
2. **The scary monster.** Not right for bedtime, and not what was asked for. Ask AI to make it gentler.

Discussion points

- Small personal touches (a pet's name, a favourite toy) make a story feel special, without sharing private details.
- Follow-ups are how you get it just right: shorter, sillier, rhyming.
- Stories can be printed, or read over a video call.

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Plan a family get-together



Use AI to plan the food, the timings and a to-do list for a family gathering, then check it works for everyone.

By the end, you'll be able to:

- give AI the details it needs to plan
- use AI to make a to-do list and timetable
- check the plan for mistakes and missed needs

Warm-up What makes a good family gathering?

Talk about it with your group. What goes well? What's the most stressful part?

1 The details

Here's Jean's made-up plan. What else would AI need to know? Add two things.

JEAN'S NOTES
Sunday lunch for Dad's 85th, at Jean's house. 12 people, including 3 children. One vegetarian, one person who can't eat gluten. Dad uses a wheelchair. Lunch at 1 pm.

Who needs something different? Fill in what each needs, so the plan works for everyone.

	What they need
Dad	
The vegetarian guest	
The guest who can't eat gluten	
The 3 children	

2 Ask AI to plan it

If you have a device, try this prompt with Jean's notes.

TRY THIS PROMPT

Please help me plan a Sunday lunch for 12 people, including 3 children, for my dad's 85th birthday. One guest is vegetarian and one can't eat gluten. Please suggest a simple menu that works for everyone, a to-do list for the week before, and a timetable for the day, with lunch at 1 pm.

3 Check the plan

An AI gave this plan. Find **three** problems.

EXAMPLE AI PLAN

Menu: roast beef with Yorkshire puddings, roast potatoes and gravy; trifle for pudding.
Day: 10 am, put the beef in. 12 noon, guests arrive and go upstairs for drinks. 1 pm, lunch for 10.

4 Share the jobs

Who could help Jean? Write three jobs she could hand to others.

	What, and who?
Job	
Job	
Job	

Anything else Jean should remember on the day?

5 Good habits

- Tell AI about everyone's needs: food, getting about, and timings.
- Check numbers and timings. AI can lose count.
- For allergies, ask the person themselves, and check every label.

> **No device?** In groups, plan Jean's day on paper. One person is in charge of food, one of timings, and one of making it work for Dad.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/plan-a-family-get-together**

Teacher notes: Plan a family get-together

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt with Jean's notes. Jean is made up. If anyone is anxious about family gatherings, keep the focus on Jean's.

Running order

5 min	**Warm-up.** Good gatherings.
10 min	**Part 1.** What else AI would need.
20 min	**Parts 2 and 3.** Try the prompt, then find the problems.
10 min	**Parts 4 and 5.** Share the jobs.
5 min	**Wrap-up.** A plan is only good if it suits everyone.

Answers: Part 1

For example: the budget; what Jean can cook (oven space, time); whether anyone has allergies; whether Dad has a favourite meal; if there's a cake.
Who needs what: Dad, step-free access and room for his wheelchair; a vegetarian main; gluten-free food (and gravy); something the children like, and something to do.

Answers: Part 3

1. Nothing for the vegetarian.
2. Yorkshire puddings, gravy and trifle usually contain gluten, with no alternative.
3. Drinks upstairs: Dad uses a wheelchair.

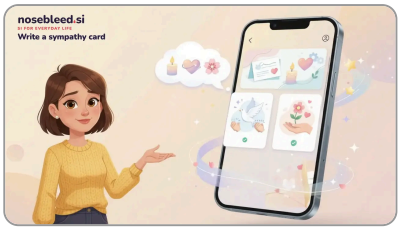
(Also: lunch for 10, not 12.)

Discussion points

- AI often forgets one of several needs. Read the plan with each guest in mind.
- Gluten is found in wheat, barley and rye, so it's in most flour, bread, pastry and many gravies. Gluten-free versions are available.
- Asking for help is part of a good plan.

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Write a sympathy card



Use AI to find a starting point when the words are hard to find, then make the message personal and true.

By the end, you'll be able to:

- know what usually helps in a sympathy message
- use AI for a gentle first draft
- make the message personal, and remove anything that isn't true

Warm-up What helps?

Talk about it gently with your group. When someone has sent you a card, what words helped? Is there anything people say that doesn't help?

1 What goes in a sympathy card?

Tick what usually helps.

	Helps	Doesn't help
Saying you're sorry for their loss		
A happy memory of the person		
Explaining how you felt when your own pet died		
"Everything happens for a reason"		
A kind word about the person who died		
A simple offer of help, like "I'll ring next week"		

2 Ask AI for a starting point

If you have a device, try this prompt. First names are enough.

TRY THIS PROMPT

My neighbour Margaret's husband, Bill, has died. He was a keen gardener and always waved from his greenhouse. Please suggest three short, warm messages for a sympathy card, each under 50 words. Keep the language simple, and don't add any memories I haven't given you.

3 Make it true

An AI wrote this. Underline **two** things you'd take out, and say why.

EXAMPLE AI MESSAGE

Dear Margaret, I was so sorry to hear about Bill. I'll always remember his wave from the greenhouse, and the wonderful tomatoes he gave us every summer. He's in a better place now. With love and thoughts,

4 Write your own

Write a short message for Margaret, in your own words. You can use any of AI's ideas.

5 Good to know

- A short, sincere message is enough. There are no perfect words.
- Use AI for a starting point, then write the card by hand, in your own words.
- Only include memories that are true.

> **No device?** In pairs, talk about a card that meant something to you, and what made it special. Then write Margaret's message together.

Find out more: read the free step-by-step guide, with a 10-second video, at **nosebleed.si/ideas/write-a-sympathy-card**

Teacher notes: Write a sympathy card

Time: 45 to 60 minutes

Level: beginners; no AI experience needed

Group: any size; works well in pairs

You'll need: a copy per learner; phones or tablets with an AI chat app (optional)

Before the session

Try the prompt yourself. Margaret and Bill are made up. This topic can bring up recent or painful losses. Introduce it gently, keep it about Margaret, and let anyone take a break or step out.

Running order

5 min	**Warm-up.** What helps. Keep it light-touch.
10 min	**Part 1.** What goes in a card.
15 min	**Parts 2 and 3.** Try the prompt, then make it true.
15 min	**Part 4.** Write a message in their own words.
5 min	**Wrap-up.** Short and sincere is enough.

Answers: Part 1

Helps: sorry for their loss; a happy memory; a kind word; a simple offer of help.
Doesn't help: turning it to your own story; "everything happens for a reason".

Answers: Part 3

1. **The tomatoes** were made up. Only include true memories.
2. **"He's in a better place now"** may not suit everyone's beliefs, and wasn't asked for.

Keep the wave from the greenhouse: that's a real, personal memory.

Discussion points

- A practical offer, followed up, often means more than the perfect words.
- Sending a card weeks later, or on an anniversary, can be a great comfort too.

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