

Your First Week With AI

5 simple exercises — each under 10 minutes

You'll need: A free account at chat.openai.com (ChatGPT) or claude.ai (Claude). That's it. No wrong way to start.

1 The Explain It To Me Exercise

Make AI your personal tutor

5 MIN

Think of something you've always been fuzzy on. Type:

"Explain [topic] to me in simple terms, like I have no background in it."

"Now explain it like I'm explaining it to my 7-year-old."

WHY THIS MATTERS

AI is infinitely patient — it will explain the same thing 10 different ways without ever making you feel dumb.

DO IT WITH YOUR CHILD

Let them pick the topic. Read the kid version together.

2 The Mom Brain Exercise

Let AI take something off your plate

5-10 MIN

Think of something on your to-do list you keep avoiding. Try one of these:

"Help me write an email to [person] about [situation]. Tone: friendly but firm."

"Help me plan a birthday party for 15 kids. Budget \$200. At home."

"I need to talk to my child's teacher about [issue]. Help me think through what to say."

WHY THIS MATTERS

This is where most parents have their first "ohhhh" moment. AI helps you DO things — draft, plan, think through. Like a calm co-pilot for your brain.

3 The Curious Kid Exercise

Do this one WITH your child ★

10 MIN

Sit together and let your child ask AI 3 questions. Let them type. Then try:

"Tell us a silly joke." "Make up a story about a robot scared of butterflies."

"Write a poem about [child's name]."

WHY THIS MATTERS

Watch their face when AI responds to their name. That's the moment it stops being scary and becomes a tool that belongs to them too.

Exercises 4 & 5



4

The What If Exercise

Use AI to explore ideas — wild and real

5-10 MIN

Ask what if questions. Wild ones. Real ones. AI loves them all.

"What if kids ran the country? What would be different?"

"What if I went back to school at 40 — what are my options?"

"What if my child is struggling in math — creative ways to help?"

WHY THIS MATTERS

AI is not just for facts. It's for thinking, exploring, and having a conversation with a non-judgmental partner who has read basically everything.

5

The Navi Activity ☆ — Straight From the Book

The one that makes kids fall in love with AI

10-15 MIN

Open ChatGPT or Claude with your child and type exactly this:

"Invent 3 new robot friends for a robot named Navi. Give each one a fun name, a favorite color, and a cool power."

Read the results together. Let your child pick their favorite. Grab crayons and draw it.

That's AI literacy. That's creativity. That's the whole mission. ♥



You're already ahead. Keep going. ♥

Every parent who tries even one of these exercises is showing their child that curiosity is more powerful than fear. That's the lesson that lasts forever.

The Adventures of Navi the Navigator — helping families close the AI gap, one coloring page at a time.

[🛒 Get the Book on Amazon](#)
[📄 Free Activity Page Download](#)
[🌐 theadventuresofnavi.com](https://theadventuresofnavi.com)