# The Kids Zone

*A guide to setting up AI for children — safely, playfully, intentionally.*



> *Children learn by playing. The best thing you can do is give them a safe, contained space to experiment — and then get out of the way.*

BEFORE YOU START

## The Conversation to Have First

You do not need to make it heavy. Cover three things:

- ☐ **It makes things up.** AI tools are confident and helpful, but they are not always right. Teach your child to ask: "How do you know that?" and "Can I check that somewhere else?"
- ☐ **It remembers what you tell it.** No passwords, no personal details, no home address, no full name. First names and general information only.
- ☐ **It is a tool, not a friend.** It can feel surprisingly human — but it does not have feelings, and it does not know your child the way the people in their life do.

*That is enough. The rest they will figure out by doing.*

SETUP

## Three Steps to the Kids Zone

*Step 1 — Create a Separate Project or Folder*

In whichever AI tool you are using, create a new project or folder called "Kids Zone" or your child's name. This keeps their experiments completely separate from your work. If your child is old enough, let them name it themselves.

*Step 2 — Add a Simple Briefing Note*

At the top of the project, add a short note that orients the AI whenever your child starts a session.

```
This is [CHILD'S FIRST NAME]'s space. They are [AGE] years old.
When they ask questions, explain things clearly and simply.
Use examples they can picture. If something is complicated, break it into steps.
Encourage their curiosity. If they have an idea, help them explore it —
don't just give them the answer. Ask them what they think first.
Do not ask for personal information. Keep everything fun and age-appropriate.
```

*Step 3 — Give Them a Starting Prompt*

Children often freeze in front of a blank screen. Give them one prompt to get started.

```
I want to build / make / figure out: [THEIR IDEA]
Can you help me think through how to do it?
Ask me questions to help me figure it out myself.
```

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*Starter prompts by age + what to watch for*



## STARTER PROMPTS By Age and Interest

| Use case | Age | Prompt |
|---|---|---|
| **Curiosity & questions** | Any age | *"I have a question I can't stop thinking about: [QUESTION]. Help me explore it. Don't just give me the answer — show me how to think about it."* |
| **Creative projects** | 7+ | *"I want to write a story / build something / design something. Here is my idea: [IDEA]. Help me plan it out step by step."* |
| **Homework & learning** | 9+ | *"I am learning about [TOPIC] at school. I understand [WHAT THEY KNOW]. I am confused about [WHAT THEY DON'T]. Can you explain it a different way?"* |
| **Real-world problem solving** | 10+ | *"I have a problem I want to solve: [PROBLEM]. Help me think of three different ways I could approach it. Then help me figure out which one is most likely to work."* |
| **Earning & money** | 8+ | *"I want to [EARN MONEY / SAVE FOR SOMETHING / UNDERSTAND HOW SOMETHING WORKS]. Help me make a simple plan."* |

## CHECK IN What to Watch For

### SIGNS IT IS GOING WELL

- [ ] Asking follow-up questions, not just accepting the first answer
- [ ] Using it to build or make something
- [ ] Coming to you with things they found surprising
- [ ] Starting to notice when the AI is wrong

### SIGNS TO CHECK IN

- [ ] Long stretches in conversation with no output or project
- [ ] Asking it questions about people or personal situations
- [ ] Frustration that it does not "understand" them emotionally

*A useful check-in question: "What did you make with it today?"*



*The children who will thrive are not the ones who use AI the most. They are the ones who know how to* **think alongside it** *— who can tell the difference between a good answer and a lazy one, and who use it to amplify their own ideas rather than replace them. You are already giving your child that foundation by letting them play.*