



The Family AI Teacher

The Family AI Prompt Cheat Sheet

Better questions get better answers. Stick this on the fridge and get more out of AI chatbots like ChatGPT, Gemini, Claude or Copilot.

1 The 4-Part Prompt Formula

Who + What + Context + Format

1 WHO

Who is the answer for?
Age, level, or audience.
"...for a 10-year-old"

2 WHAT

The job you want done.
Start with an action word.
"Explain... / Write... / Plan..."

3 CONTEXT

Background that helps:
your goal, what you know,
any limits.
"It's for a school project..."

4 FORMAT

How the answer should
look: length, list, table,
tone.
"...in 5 short bullet points"

X WEAK PROMPT

"Tell me about volcanoes."

Too vague: you'll get a long, generic answer that may not fit your needs.

✓ STRONG PROMPT

"²Explain how volcanoes erupt ¹to my 10-year-old daughter. ³She's making a volcano model for a school science project and loves gross-out facts. ⁴Use 5 short bullet points in simple words, then end with one fun fact she can share with her class."

2 5 Power Moves

Add these to any prompt to level up

1

Have AI ask you questions first

It fills in the gaps before guessing.

"Before you answer, ask me 3 questions so you can give me a better answer."

2

Give it a role

A role sets the expertise and tone.

"Act as a friendly soccer coach for 12-year-olds and give me a fun practice plan."

3

Ask for options, then pick

Compare ideas instead of settling for the first one.

"Give me 5 different ideas for a birthday party theme. I'll pick one, then we'll plan it."

4

"Explain it like I'm 10"

Great for tricky topics at any age.

"Explain how credit cards work like I'm 10, using an everyday example."

5

Make it fact-check itself

AI can sound sure and still be wrong.

"What might be wrong or missing in this answer? What should I double-check, and where?"



3 Copy-Paste Prompts for Every Family Member

Copy a prompt, swap the [highlighted parts] for your own details, and hit enter. Then keep the conversation going: "make it shorter," "give me another example," or "now quiz me."

Kids (9–12) *Fun & learning, with a grown-up nearby*

BASKETBALL

"Pretend you're my basketball coach. Give me a 15-minute practice I can do in my driveway, with a silly name for each drill."

STORY TIME

"Help me write a funny story about a [penguin] who wants to be a [chef]. After each paragraph, ask me what should happen next."

WHY? QUESTIONS

"Explain why the sky is blue like I'm 9. Then give me one easy experiment I can try at home with an adult."

DINOSAUR QUIZ

"I'm [10] and I love dinosaurs. Quiz me with 5 multiple-choice questions, one at a time, and tell me if I got each one right."

MATH PRACTICE

"Make up 3 word problems about [Minecraft] for a [5th] grader. If I get stuck, give me a hint, not the answer."

RAINY-DAY FUN

"Give me 5 indoor games I can play with my little brother using only things we have at home, like pillows and paper."

Teens *Use AI as a tutor and coach, not a shortcut*

HOMEWORK TUTOR

"I'm studying [photosynthesis] for [biology]. Don't give me answers. Ask me questions one at a time to check what I understand, and give hints when I'm stuck."

STUDY PLAN

"Make me a study plan for my [chemistry] test on [Friday]. I have about 45 minutes a day after practice. Put it in a day-by-day table."

SIDE HUSTLE

"I'm [15] and good at [video editing]. Give me 5 side-hustle ideas that are realistic for my age, what I'd need to get started, how to price fairly, and what I should talk over with my parents first."

ESSAY FEEDBACK

"Act as a tough but fair English teacher. Point out the 3 biggest weaknesses in my draft and explain why, but don't rewrite it for me: [paste draft]"

SPORTS

"I play [soccer] as a [midfielder]. Create a 20-minute at-home workout to improve my [first touch], with a warm-up and cool-down. Keep it safe for a teenager."

 **Honesty rule:** follow your school's AI policy, and if you use AI on an assignment, be upfront about how you used it.

Parents *Save time at work and at home*

PROFESSIONAL EMAIL

"Write a polite, professional email to [a client] following up on [an unpaid invoice]. Keep it under 120 words, friendly but firm, and give me 2 subject-line options."

SUMMARIZE A REPORT

"Summarize this report in 5 bullet points for a busy business owner. Then list 3 action items and any numbers I should double-check: [paste text]"

MARKETING PLAN

"Act as a marketing strategist for a small [bakery] in [town]. My budget is [\$300] a month. Ask me 3 questions first, then create a 30-day plan as a week-by-week table."

DINNER PLANNER

"Plan 5 weeknight dinners for a family of [4], each under 30 minutes, with one picky eater who won't eat [mushrooms]. Add a grocery list grouped by aisle."

 **Work tip:** remove names, client details and anything confidential before pasting, and follow your company's AI rules.

4 AI Safety Rules for Families

Read them together, then sign below

1 Keep private info private
Never share your full name, address, school, phone number, passwords, photos, or bank and card details with AI.

2 AI can be wrong
It can sound confident and still make mistakes, or even make things up. It's a helper, not a know-it-all.

3 Double-check important facts
Check with a trusted source like a teacher, a book, or an official website, especially for health, money, safety or news.

4 Kids: ask a parent first
Check with a grown-up before trying a new AI app, and tell one right away if something feels weird, scary, or confusing.

5 AI is a tool, not a person
It isn't a friend, doctor, or counselor. For big feelings or big decisions, talk to a real person you trust.

6 Be honest and kind
Use AI to learn, not to cheat. Never use it to make fake pictures or mean messages about real people.

💡 Many AI apps have minimum age rules (often 13+, with parent permission for teens). Check the app's rules together before signing up.

5 Fix-It Phrases

Answer not quite right? Just reply with...

"Make it shorter."

"Explain it more simply."

"Give me an example."

"Put that in a table."

"Try again, but more fun."

"What did you assume about me?"

"Give me 3 other options."

"Where can I check this?"

"Keep going."



Our Family AI Agreement

We promise to use AI to learn, create and help each other, to keep private info private, and to double-check before we trust.

Family member

Family member

Family member

Family member



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