



# Weekly AI Check-In

A Sunday-night rhythm for turning random AI use into family learning: what helped, what was wrong, what should be checked, and what belongs in real life.

All ages

8 minutes

Draft resource

### 1 What did AI help with this week?

Name the actual win: a clearer explanation, a dinner plan, a study quiz, a packing list, a better email, or an idea your kid could build on.

### 2 Where did it fall short?

Look for the quiet problems: confident nonsense, missing family context, advice that sounded polished but did not fit your kid, school, budget, or values.

### 3 What did we verify?

Pick one claim, answer, or plan and say how you checked it: teacher instructions, a source link, calculator, book, parent review, or real-world test.

### 4 What should become a habit?

If the tool helped twice, turn it into a repeatable prompt, checklist, or tiny family workflow instead of starting from scratch every time.

### 5 What stays human?

Feelings, secrets, safety, conflict, big decisions, and anything that needs care go to people first. AI can help prepare; it does not replace the relationship.

“AI is not just something we use once and forget. If it helped, we learn from it. If it was wrong, we learn from that too.”

**Keep one thing**  
At the end, choose one prompt, rule, or habit worth using again next week. Write it down so the family does not have to rediscover it.

**Tiny weekly scorecard**

One useful thing we will reuse      One answer we will not trust next time      One human we should ask before acting

**Make it yours**

Our rule: \_\_\_\_\_

We will try: \_\_\_\_\_

Ask a human when: \_\_\_\_\_