



# Raising Generation AI

## Summer screen-free series: Boredom Buster Jar

**AI Skill:** Text generation

**Scenario:** "I'm bored" for the tenth time today. AI writes a jar full of small dares and activities matched to your child's age, so the next time boredom strikes, they pick a slip of paper instead of asking you.

### What you need

- ChatGPT, Claude or Gemini (free versions all work fine)
- A jar, tub, or tin
- Paper and scissors, or a pack of blank cards
- A pen

### How to do it

1. Decide the age range you're writing for.
2. Open the AI app and paste this prompt:

*Write 20 short "boredom buster" ideas for a [child's age]-year-old to do alone or with siblings, no screens involved. Each one should be doable with things already in a normal family home, take no more than 15 minutes, and need no parent supervision beyond what's normal for that age. Include a mix of physical activities, quiet activities, and small creative challenges. Write each one as a single short sentence, numbered 1 to 20.*

3. Check the list. Cut anything that needs equipment you don't have, or that's not right for your specific child.
4. Write or print each idea onto its own slip of paper.
5. Fold them up and put them in the jar.
6. Next time boredom strikes, they pick a slip instead of asking you.

### Good to know

- If the first batch skews too easy or too hard, tell the AI directly. "make these harder" or "these are too babyish"
- Refill the jar every week so it doesn't go stale. Ask for a fresh batch of 20 each time rather than reusing the same list.

### Take it further

- Ask for a themed jar: a rainy day jar, a "long car journey" jar, a summer holidays jar.
- Get older children to write their own dares and add them to the jar alongside the AI-generated ones.
- Ask the AI to make them competitive. "See who can stand on one leg the longest"