



## Raising future-ready kids in the age of AI – summary & resources

### Key Points

- The implications of AI use are different for children than for adults.
- Real world sensory experiences are crucial for children to develop their knowledge and skills. Children are building their brains.
- AI provides access to information – this can both enhance or bypass learning (depending on how it is used)
- Using AI tools jointly with children provides most benefits and least harms and supports essential AI literacy.
- Focus on teaching future-ready human skills

### Critical thinking

- Ask analytical questions about the world around you
  - Why do you think they chose that actress for the advert?
  - What does that headline tell you about the author's opinion?
  - What would someone say who disagrees with that opinion?
  - How do we know if this is true?
- Ask philosophical and pros/cons questions
  - Should footballers be paid more than nurses?
  - If you are programming a self-driving car and it has the option of hitting a cyclist or of crashing into a house, which would you tell it to do?
  - Would chocolate rain be a good or bad thing?

### Creativity

- Encourage imaginative free play for young children - that means turning off tech
- Construction and perspective-taking toys (dolls, teddies, action figures)
- Think beyond traditional arts & crafts
  - Longer projects (building, recycling, re-decorating)
  - Family challenges & competitions (best hot chocolate competition, biscuit bake off, who can come up with the 10 most interesting things to do with a sock)
- Ask "if" questions
  - If you could open your own shop, what would it sell and what would you call it?
  - What if shoes could talk – what problems might that solve?

## Interpersonal skills

- Encourage lots of real-world social interaction
- Team-based activities
- Teach children the problem-solving
- Family meetings for collaborative problem-solving
- Mind-minded conversations - talk about what's going on inside people's minds

## Resilience & entrepreneurship

- Good self-esteem comes from feeling accepted, capable and effective
- Encourage curiosity and trying things out, saying yes not no to ideas
- Be positive about children's and teens' goals and help them break goals down into smaller steps with back up plans
- Encourage children to evaluate their own progress and performance
- Build a family culture in which failure is positive. Do activities together as a family where getting things wrong (or looking a bit foolish) is part of the fun
- Give children of all ages chores to do around the home

## Useful Articles

[How much tech time is too much tech time?](#)

[The role of free play in children's development](#)

[Are smartphones harmful to teens?](#)

[How play helps children's mental health](#)

[Ensuring a balanced childhood in the digital age](#)

[Is AI good or bad for children's creativity?](#)

[How AI companions affect children](#)

[How to start good conversations with kids](#)

[Activities to build children's confidence](#)

[How to be a resilient family](#)

## Other Resources

[BBC Bitesize Guide to AI for Teens](#)

Professor Ethan Mollick: [One Useful Thing](#)

Philosophy for Children ([www.p4c.com](http://www.p4c.com))

Get Good with AI ([www.goodwithai.org](http://www.goodwithai.org))

AI courses and resources <https://www.betterstories.org/ai>

