✨ **A Course for Curious, Capable Adults** ✨

AI for Seniors:Your Complete Learning Workbook

A Step-by-Step Guide to Using Artificial Intelligence in Everyday Life

"You don't have to be a computer expert to use AI.
You just have to be willing to try — and that takes courage."

Designed especially for adults who are new to technology and AI.
Written in plain language. No jargon. No judgment. Just learning.

10 Modules | Exercises, Cheat Sheets & Practice Prompts | Bonus Materials

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Learner Name:

Start Date:

📖 Welcome Letter

A Note to You, Our Learner

Dear Friend,

Welcome — and congratulations on taking this brave and exciting first step! You have just opened a workbook that will change the way you see the world of technology. Whether you are completely new to computers or just curious about this new thing called "artificial intelligence," you are in exactly the right place.

We know that learning something new can feel a little intimidating, especially when it comes to technology. Words like "AI," "algorithms," and "machine learning" might sound complicated or even a little scary. But here is a secret: **you already use AI every day** — probably without even knowing it! When your phone suggests the next word in a text message, or when Netflix recommends a show you might enjoy, that is AI at work.

This course was designed with **you** in mind — your pace, your interests, and your needs. Every lesson is written in plain, friendly language. Every exercise has plenty of space to write and think. And every single page assumes that you are a smart, capable adult who simply hasn't had the chance to explore these tools yet.

Here is what we want you to know before you begin:

- **There are no wrong answers here.** This is a safe place to explore and make mistakes.
- **You can go at your own pace.** Take as much time as you need on each module.

- **You don't need to remember everything.** That's what the cheat sheets are for!
- **It's okay to feel confused sometimes.** Confusion is just the beginning of understanding.
- **We believe in you completely.** Millions of seniors just like you are using AI every day, and loving it.

By the time you finish this workbook, you will be able to have conversations with AI, get help with everyday tasks, stay connected with loved ones, and feel truly confident in a world that keeps growing and changing. **That is a powerful thing — and you deserve it.**

So let's begin. Take a deep breath, get a pen, and get ready to be amazed by what you can do.

With warmth and encouragement,

Your Course Instructor
AI for Seniors Online Course

📚 How to Use This Workbook

This workbook is your personal companion for the *AI for Seniors* online course. Here is everything you need to know to get started.

Your Simple Guide to This Workbook

Follow the Modules in Order

There are **10 Modules**, each building gently on the one before. Start with Module 1 and work your way forward. You don't have to rush — complete one module per week, or take longer if you like.

Read, Then Do

Each module starts with a short lesson in plain language. After the lesson, you'll find **exercises** to practice what you've learned. Always read the lesson first, then try the exercises.

Use the Cheat Sheets

Every module includes a **Cheat Sheet** — a handy summary you can refer to again and again. You don't have to memorize anything. Just keep the cheat sheet nearby!

Write in This Workbook

This workbook is **yours**. Write in it, circle things, underline important parts, and use the writing spaces for your answers. The more you engage with the material, the more you'll remember.

Complete the Weekly Practice Prompts

At the end of each module, you'll find a **Weekly Practice Prompt** — a simple activity to try in real life between lessons. These are where the real learning happens!

Icon Guide — What the Symbols Mean

✏	**Exercise or Writing Activity** — Time to pick up your pen and practice! Write your thoughts, answers, or reflections in the space provided.
⭐	**Key Takeaway or Tip** — This is an important point to remember. Pay extra attention to starred items.
💡	**Fun Fact or Interesting Information** — A fascinating fact or insight about AI that you might enjoy sharing with others.
🛡️	**Safety Note** — An important reminder about staying safe and protecting your personal information online.
📋	**Cheat Sheet** — A quick-reference guide you can return to anytime you need a reminder.
🎯	**Weekly Practice Prompt** — Your real-world activity for the week. Try to complete this before moving to the next module.

How to Track Your Progress

At the end of each module, you'll see a **"Module Complete! ✅"** section. Circle your confidence level (1–5 stars) and check the module off in the **Progress Tracker** at the back of this workbook. Celebrating your progress is important — every star counts!

> ⭐ **Tip: Go at Your Own Pace**

There is no rush and no deadline. Learning something new takes time, and that is perfectly okay. Even completing just one exercise a day is wonderful progress. Be proud of every step forward.

📋 Course Overview

Your 10-Module Learning Journey

Here is a summary of everything you will learn in this course. Each module builds on the last, so you'll grow more confident with every page.

1	**Introduction to Artificial Intelligence**	What AI is, where it shows up in daily life, and common myths vs. facts.
2	**Getting Started with AI Tools**	Meet the most popular AI tools — voice assistants, chatbots, and AI search — and how to use them.
3	**Everyday AI Skills**	Use AI for reminders, lists, directions, and answers to save time every day.
4	**Communication & Connection**	Stay connected with family and friends

		using AI-powered email, voice-to-text, and more.
5	**Creativity & Fun**	Explore the playful side of AI — poems, stories, art, music, and games.
6	**Health & Wellness**	Use AI for medication reminders, wellness tracking, and healthy living support.
7	**Smart Home & Independence**	Discover AI-powered smart home devices that make daily life easier, safer, and more comfortable.
8	**Safety & Privacy**	Learn how to recognize scams, protect your information, and stay safe online with confidence.
9	**Lifelong Learning**	Use AI as a patient, always-available tutor to explore hobbies, history, languages, and more.
10	**Capstone Toolkit**	Bring it all together, celebrate your achievements, and build your personal AI plan for the future.

💡 **Fun Fact!**

The term "Artificial Intelligence" was first coined in 1956 by computer scientist John McCarthy — almost 70 years ago! AI has come a very long

way since then, and today it is designed to be friendly and helpful for everyone, including you.

MODULE 1 OF 10

Introduction to Artificial Intelligence

> *"The secret of getting ahead is getting started."*
>
> — Mark Twain

Module Overview

Welcome to Module 1! This is where your AI journey begins. Don't worry — we start from the very beginning, with simple explanations and no complicated jargon.

In this module, you will discover that **AI is already part of your everyday life**, often in ways you might not have noticed. By the end of this module, you'll understand what AI is and feel ready to learn more.

🎯 Learning Objectives — By the end of Module 1, you will be

able to:

- Explain what Artificial Intelligence is in your own words
- Name at least 3 places where you already encounter AI in daily life
- Tell the difference between common AI myths and the real facts

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What Is Artificial Intelligence?

Artificial Intelligence (AI) is simply computer technology that can learn, think, and solve problems — a little bit like a human brain, but inside a computer or phone. It is not magic, and it is not a robot taking over the world. It is a helpful tool, created by people, to make life a little easier.

Here is a simple way to think about it: Imagine you have a very smart assistant who has read millions of books, learned thousands of recipes, and memorized every map in the world. That assistant can answer your questions, make suggestions, and help you get things done. **That is essentially what AI does.**

Where Does AI Show Up in Daily Life?

You might be surprised to learn that AI is already all around you! Here are some everyday examples:

- 📱 **Your smartphone** uses AI to predict the next word when you type
- 📺 **Netflix and streaming services** use AI to suggest shows you'll enjoy
- 🗣️ **Voice assistants** like Siri, Alexa, and Google Assistant are AI
- 📧 **Your email inbox** uses AI to filter out spam and junk mail

- 🗺️ **GPS and navigation apps** use AI to find the best route
- 🛍️ **Online shopping sites** use AI to suggest products you might like
- 🌤️ **Weather apps** use AI to predict tomorrow's forecast

Why Does AI Matter for Seniors?

AI can be a wonderful helper as we get older. It can remind you to take your medication, help you write a letter to a grandchild, look up health information, control your lights without getting up, and keep you connected to the people you love. **AI can help you live more independently and more comfortably.**

What AI Can and Cannot Do

AI Can:

- Answer questions in plain language
- Help you write letters, emails, and messages
- Set reminders and alarms for you
- Tell you about the weather, news, and local businesses
- Play music, read audiobooks, and tell you jokes
- Translate languages instantly
- Help you track your health and wellness

AI Cannot:

- Replace your doctor, lawyer, or financial advisor
- Guarantee that every answer it gives is 100% correct
- Feel emotions, love you, or truly "know" you
- Make important decisions for you — *you* are always in charge

- Access your personal information unless you give it

> ⭐ **Key Takeaway**
>
> AI is a **tool**, not a replacement for human wisdom and judgment. Use it to help you, but always trust your own instincts and check with professionals for important decisions.

Myths vs. Facts About AI

❌ Myth (Not True)	✅ Fact (What's Really True)
"AI is only for young people and tech experts."	AI is designed for everyone. Many AI tools are specifically made to be simple and easy for all ages.
"AI will steal my personal information."	Reputable AI tools from trusted companies are designed to protect your privacy. We'll cover safety in Module 8.
"Talking to AI is dangerous."	Talking to a voice assistant or AI chatbot is just like using a search engine — perfectly safe when used wisely.
"AI knows everything and is always right."	AI can make mistakes! It's a helpful tool, but always double-check important facts with a trusted source.
"Learning AI will take years."	Basic AI skills can be learned in days or weeks. This course will have you using AI confidently in just 10 modules!
"AI is going to replace human jobs and people."	AI is a helper, not a replacement. It works best when guided by humans

❌ Myth (Not True)	✅ Fact (What's Really True)
	with good judgment and life experience.

> 💡 **Fun Fact!**
>
> Older adults who use AI assistants report that they feel **more independent** and **less isolated**, because they can get answers, connect with loved ones, and manage their homes more easily. AI is a tool for empowerment!

✏ Exercise 1.1 — AI in My Life

Below is a list of 10 things that use AI. **Circle or underline every item you already use!** (Don't worry if you don't use all of them — there are no wrong answers.)

1. Google Search	**2. Netflix / Streaming Recommendations**
3. GPS / Driving Directions	4. Email Spam Filter
5. Siri / Alexa / Google Assistant	6. Autocorrect on Your Phone
7. Facial Recognition (phone unlock)	8. Online Shopping Suggestions
9. Weather Apps	10. Health or Fitness Apps

How many did you circle? Write the number here:

Were you surprised by how many you already use? Write your reaction here:

✏ Exercise 1.2 — Reflection: My Feelings About AI

What excites you about learning AI?

What worries you about learning AI?

What is one thing you hope AI can help you do?

📋 Cheat Sheet 1 — AI Words to Know

Keep this page handy! These are the 8 most important AI words, explained in plain English.

Word

What It Means

Real-Life Example

Artificial Intelligence (AI)

Computer technology that can learn and solve problems like a human would.

Your phone's voice assistant answering your questions.

Algorithm

A set of step-by-step instructions a computer follows to complete a task.

The steps Netflix uses to decide which shows to recommend to you.

Machine Learning

A type of AI that gets smarter over time by learning from experience.

Your email learning which messages are junk and filtering them out.

Voice Assistant

An AI you can talk to out loud, and it talks back to you.

Siri on an iPhone, Alexa on an Amazon Echo, Google Assistant.

Chatbot

An AI you can have a typed conversation with, like texting a very knowledgeable friend.

ChatGPT, Microsoft Copilot, customer service chat windows.

Data

Information — facts, numbers, words — that computers use to learn and work.

Your health app using your steps and heart rate data to show your progress.

Digital Assistant

A broad term for any AI helper — voice-based or text-based — that assists with tasks.

Asking your phone "What's the weather today?" and getting an answer.

Automation

When a computer does a task automatically, without you having to do it yourself.

Your phone automatically adjusting screen brightness depending on the light.

🎯 Weekly Practice Prompt 1

"This week, notice one moment when AI helped you or someone you know. It could be directions, a show recommendation, a phone suggestion — anything! Write about it below."

Module 1 Complete! ✅ Wonderful work!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 2 OF 10

Getting Started with AI Tools

> *"You don't have to be great to start, but you have to start to be great."*
>
> — Zig Ziglar

Module Overview

Now that you understand what AI is, it's time to meet the actual tools you can use! In this module, you will get introduced to the most popular AI tools that are available right now — all of them easy to use, many of them free.

🎯 **Learning Objectives — By the end of Module 2, you will be able to:**

- Name and describe the most popular AI tools available today
- Understand how to access an AI tool on your phone, tablet, or computer
- Have your first real conversation with an AI assistant

Popular AI Tools You Can Use Today

Voice Assistants — Talk to AI Out Loud

A **voice assistant** is an AI you activate by speaking to it. You don't need to type anything — just talk! Here are the three most popular ones:

Name	How to Use It	Best For
Amazon Alexa	Say "Alexa," then your question. Usually lives on an Amazon Echo device (a small speaker).	Smart home control, music, shopping lists, timers
Google Assistant	Say "Hey Google," then your question. On Android phones and	Searching the web, directions, weather, calling

Name	How to Use It	Best For
	Google Home speakers.	
Apple Siri	Say "Hey Siri," then your question. On iPhones, iPads, and Mac computers.	Reminders, calls, texting, Apple device control

AI Chatbots — Type Your Questions

A **chatbot** is an AI you have a typed conversation with — like sending text messages to a very smart assistant. You type a question or request, and the AI responds with a detailed answer.

Name	Where to Find It	Best For
ChatGPT	Go to chatgpt.com on any web browser	Writing help, answering questions, creative projects, explanations
Microsoft Copilot	Built into Windows; visit copilot.microsoft.com	Web searches, writing, summaries, daily tasks

How to Access AI Tools

You can use AI tools on almost any device you already own:

- **On a smartphone or tablet:** Look for the AI app in your app store, or ask your voice assistant by name.
- **On a computer:** Open any web browser (like Chrome, Edge, or Safari) and type the website address.
- **On a smart speaker:** Just plug it in, connect to Wi-Fi, and start talking!

About Accounts and Signing In

Some AI tools ask you to create a free account before using them. An **account** is simply your personal profile — like a library card — that lets you use the service. You'll need an email address and a password to sign up. **It's free and quick to create.**

> 🛡️ **Safety Note**
>
> When creating accounts, use a strong password (a mix of letters, numbers, and symbols) and never share your password with anyone. We'll cover password safety in detail in Module 8.

✏ Exercise 2.1 — My First AI Conversation

Try asking an AI assistant a simple question — anything you're curious about! It could be a voice assistant or a chatbot. Then fill in the blanks below.

I used this AI tool:

I asked:

The AI answered:

How did it feel to talk to an AI for the first time? Were you surprised?

✏ Exercise 2.2 — Setting Up My Voice Assistant Checklist

Follow these 6 simple steps to set up a voice assistant on your device. Check each box when you have completed it!

Step 1: Check that your device (phone, tablet, or smart speaker) is charged and turned on.

Step 2: Connect your device to Wi-Fi (the internet connection in your home).

Step 3: Find and open the AI app on your device (Alexa app, Google app, or look for Siri in Settings on iPhone).

Step 4: Create a free account or sign in with your existing account (using your email and a password).

Step 5: Say the wake word: "Alexa," "Hey Google," or "Hey Siri."

Step 6: Ask a test question, like "What is today's date?" and see if the assistant responds!

Notes — anything I found tricky or helpful:

📋 Cheat Sheet 2 — How to Talk to AI

Not sure what to say? Try any of these 10 prompts right now! Speak them out loud to a voice assistant, or type them into a chatbot.

#

Say or Type This to Your AI

1

"What is the weather today?"

2

"Tell me a joke."

3

"Remind me to take my medication at 8am."

4

"What's a good recipe for chicken soup?"

5

"What time is it right now?"

6

"Play some relaxing music."

7

"What is the capital of France?"

8

"Help me write a short birthday message for my granddaughter."

9

"Set a timer for 20 minutes."

10

"What is a good movie to watch tonight?"

> ⭐ **Tip**
>
> Talk to AI just like you'd talk to a helpful friend. Use natural, everyday language. You don't need to use any special words or commands!

🎯 Weekly Practice Prompt 2

"Try asking your AI assistant three different questions this week. Write down what you asked and what it said!"

Question 1:

What the AI said:

Question 2:

What the AI said:

Question 3:

What the AI said:

Module 2 Complete! ✅ You're on your way!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 3 OF 10

Everyday AI Skills

> *"Small steps every day lead to big changes over time."*
>
> — Unknown

Module Overview

In this module, you will discover how AI can help with the everyday tasks of life — the little things that sometimes feel like a lot. From setting reminders to finding directions, AI is ready to make your day easier and less stressful.

🎯 **Learning Objectives — By the end of Module 3, you will be able to:**

- Use AI to help with at least 3 different everyday tasks
- Create AI prompts for common situations in your own life
- Feel more confident asking AI for help with daily needs

Using AI for Everyday Life

AI is at its best when it's helping you with the **ordinary tasks of daily living**. Here are just some of the ways it can help:

- 📅 **Reminders and calendars** — Never forget a doctor's appointment or a birthday again
- ❓ **Answering questions** — Look up anything, anytime, without having to search through websites

- 📝 **Making lists** — Grocery lists, to-do lists, packing lists — just tell AI what you need
- 🔍 **Finding information** — News, local businesses, hours, phone numbers, and more
- 🗺️ **Getting directions** — Ask AI for directions anywhere, step by step
- 📰 **Reading the news** — Ask AI to summarize the day's top news stories in plain language

> ⭐ **Key Takeaway**
>
> AI saves time and reduces stress. Instead of searching through websites or trying to remember details, you can simply ask AI — just as you'd ask a very helpful friend — and get an answer in seconds.

✏ Exercise 3.1 — My Weekly AI To-Do Helper

Think of **5 tasks you would like help with this week**. Write each task, and then write how you could ask an AI to help you with it.

Task I Need Help With	How I Could Ask AI to Help Me

✏ Exercise 3.2 — Practice Makes Perfect

Read each scenario below and write the exact words you would say or type to your AI to get help. There are no wrong answers — just practice writing the prompt in your own natural words!

Situation	What Would You Say or Type to Your AI?
"I need to remember a doctor's appointment next Tuesday at 2pm."	
"I want to find a good Italian restaurant nearby."	
"I need a grocery list for making pasta."	
"I want to know today's top news headlines."	
"I need directions to the nearest pharmacy."	

📋 Cheat Sheet 3 — Everyday AI Commands

What You Want to Do

What to Say to Your AI

Set a reminder

"Remind me to call my daughter at 3pm today."

Find a local business

"What pharmacies are near me?"

Make a grocery list

"Help me make a grocery list for a birthday dinner."

Get directions

"How do I get to the library from my home?"

Check the news

"What are the top news stories today?"

Check store hours

"What time does the grocery store close?"

Set an alarm

"Set an alarm for 7:30 tomorrow morning."

Convert a measurement

"How many cups are in a gallon?"

Find a phone number

"What is the phone number for my local library?"

Get a recipe

"Give me a simple recipe for banana bread."

Check the weather

"Will it rain this weekend?"

Look up a word

"What does 'inflammation' mean?"

🎯 Weekly Practice Prompt 3

"Use AI to help you with one everyday task this week. Describe the task below, what you said to AI, and what happened!"

Module 3 Complete! ✅ Look at you go!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 4 OF 10

Communication & Connection

> *"The single biggest problem in communication is the illusion that it has taken place."*
>
> — George Bernard Shaw

Module Overview

Staying connected to family and friends is one of the most important things in life. In this module, you will learn how AI can help you communicate more easily, more clearly, and with more confidence — even if typing is difficult or writing doesn't come naturally.

🎯 **Learning Objectives — By the end of Module 4, you will be able to:**

- Use AI to help write emails and messages to loved ones
- Use voice-to-text to send messages without typing
- Identify AI tools that help with translation, captions, and accessibility

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Staying Connected with AI

AI-Powered Email Assistance

Not sure how to start a letter or email? AI can help you write it! Just tell the AI who you're writing to and what you want to say — and it will draft a clear, warm message for you. You can then edit it to sound exactly like yourself.

Voice-to-Text

Voice-to-text lets you speak your message out loud instead of typing it. Your device converts your spoken words into written text automatically. This is wonderful if typing is slow or difficult for you. Most smartphones have this built in — look for the microphone icon on your keyboard.

Video Call Helpers

Many video call apps like Zoom and FaceTime now include AI-powered features, such as **automatic captions** that display what people are saying in real time — very helpful if you have difficulty hearing.

Translation Tools

If you have family members who speak a different language, AI can translate your messages instantly. Just type your message and ask AI to translate it — it will do so in seconds.

> 💡 **Fun Fact!**
>
> Research shows that staying socially connected is one of the most powerful things you can do for your brain health and longevity. AI makes it *easier* to stay in touch — which means it's actually good for your health!

✏ Exercise 4.1 — Write a Letter with AI Help

Practice using AI to help you write a short note to someone you care about. Fill in the template below, then try using an AI chatbot to draft the message for you.

I want to write to:

My message is about (what do you want to tell them?):

The prompt I gave to AI (what I asked it to write):

The message the AI helped me write (copy it here or write the main ideas):

✏ Exercise 4.2 — Technology I Use to Stay Connected

Check the boxes that apply to you, and put a star next to anything you'd like to learn more about!

Communication Method	I Already Use This	I'd Like to Try This
Phone Calls	☐	☐
Text Messages	☐	☐
Email	☐	☐
Video Calls (Zoom, FaceTime)	☐	☐
Social Media (Facebook, etc.)	☐	☐
Voice-to-Text Messaging	☐	☐
AI-Assisted Email Writing	☐	☐

📋 Cheat Sheet 4 — AI Communication Tips

1. **Use voice-to-text** on your phone: tap the microphone icon on your keyboard and speak your message instead of typing.
2. **Ask AI to draft your email**: Say "Help me write an email to my son about our upcoming visit." Then copy and personalize it.
3. **Use grammar check**: Ask AI "Please check this message for

spelling and grammar errors." Paste your message in and let it fix mistakes.

4. **Translate messages**: Say "Translate this into Spanish: [your message]." AI can handle over 100 languages.

5. **Turn on video call captions**: Zoom, Google Meet, and Microsoft Teams all have free auto-captions. Look in settings for "Captions" or "Subtitles."

6. **Ask AI to simplify messages**: If you receive a confusing email, paste it into AI and ask "What does this email mean in simple words?"

7. **Have AI suggest what to say**: "I want to thank my neighbor for helping me. How can I say it in a kind way?"

8. **Use larger text**: Ask your phone or computer assistant to increase text size for easier reading.

🎯 Weekly Practice Prompt 4

"Send one message or email this week using AI assistance. Write below: Who did you write to? What did you say? How did AI make it easier?"

Module 4 Complete! ✅ You're staying connected!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 5 OF 10

Creativity & Fun

> *"Creativity is intelligence having fun."*
>
> — Attributed to Albert Einstein

Module Overview

Did you know AI can be your creative partner? In this module, we'll explore the *fun* side of AI — writing poems, creating stories, making jokes, discovering music, and much more. The best part? **No artistic skill is required.**

🎯 Learning Objectives — By the end of Module 5, you will be able to:

- Use AI as a creative partner to write, imagine, and create

- Generate a poem or short story with AI assistance
- Identify 5 creative activities you can enjoy with AI

AI as Your Creative Partner

AI is remarkably creative. You can give it a simple idea — just a sentence or two — and it will produce a poem, a short story, a song, or even a trivia quiz for you. You don't need to be an artist, a writer, or a musician. **You just need to be curious.**

Here are some of the amazing creative things AI can help you with:

- 🎵 Write a poem about your garden, your pet, or a beloved memory
- 📖 Create a short story from a single idea you provide
- 🎨 Describe an image you'd like to create (using AI image generators)
- 🎲 Play trivia games on any topic you choose
- 🎶 Ask AI to describe or explain a piece of music you love
- 😂 Ask AI to tell jokes or come up with riddles
- ✉ Create a heartfelt birthday card message in seconds

💡 **Fun Fact!**

Engaging in creative activities has been shown to improve mood, sharpen memory, and reduce stress in adults of all ages. When you create something with AI, you're not just having fun — you're doing something good for your brain!

✏ Exercise 5.1 — My First AI Poem

Step 1: Write 3 lines describing something you love — a pet, your garden, a family member, a favorite place, or a cherished memory. Don't worry about making it perfect!

Step 2: Type this into an AI chatbot: *"Please write a short, warm poem about: [paste what you wrote above]"*

The AI's poem (copy it here — it's yours to keep!):

What did you think of the poem?

✏ Exercise 5.2 — Create Your Story Starter

Write the opening sentence of a story. It can be anything — funny, mysterious, romantic, or adventurous! Then ask an AI to continue the story.

My story begins:

The prompt I gave to AI: *"Continue this story: [my sentence]"*

The AI's continuation (write or paste it here):

📋 Cheat Sheet 5 — Fun Things to Create with AI

#

Creative Activity

Example Prompt to Try

1

Poem

"Write a short poem about autumn leaves and hot tea."

2

Short Story

"Write a 5-sentence story about a retired teacher who discovers a mystery."

3

Jokes

"Tell me 3 clean, funny jokes about gardening."

4

Trivia Game

"Give me 5 trivia questions about classic movies from the 1950s."

5

Travel Description

"Describe what Paris looks like in springtime as if I'm there."

6

Recipe Ideas

"Suggest 3 creative ways to use leftover roast chicken."

7

Birthday Card Message

"Write a warm birthday message for my 80-year-old sister."

8

Crossword Clues

"Create 5 crossword clues about gardening."

9

Song Lyrics

"Write fun, playful lyrics for a song about my cat named Biscuit."

10

Memory Book

"Help me write a paragraph about my childhood summers in the country."

🎯 Weekly Practice Prompt 5

"Create something with AI this week — a poem, a short story, a joke, or a birthday message. Share it with someone you love! Write what you created and their reaction below."

Module 5 Complete! ✅ You're a creative genius!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 6 OF 10

Health & Wellness

> *"Take care of your body. It's the only place you have to live."*
>
> — Jim Rohn

Module Overview

Your health is your most important asset. In this module, you'll learn how AI can support your wellness journey — from medication reminders to fitness tracking — while always keeping your doctor as the true expert on your health.

🛡️ **Important Safety Note**

AI is NOT a substitute for medical advice. Always consult your doctor or healthcare provider for medical decisions, diagnoses, or treatment changes. AI can provide general information, but only your doctor knows your full health picture.

🎯 **Learning Objectives — By the end of Module 6, you will be able to:**

- Use AI tools for medication reminders and wellness routines
- Ask AI responsible, helpful health questions
- Know the difference between questions you can ask AI and those you must ask your doctor

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How AI Supports Your Health & Wellness

Medication Reminders

Ask your voice assistant to remind you to take your medication at specific times every day. This is one of the most popular uses of AI among seniors — and one of the most helpful!

Wellness Apps

Apps like **Apple Health** and **Google Fit** use AI to track your steps, heart rate, sleep, and activity levels. They give you a picture of your overall health in a simple, easy-to-understand way.

Mental Health Support

AI chatbots can provide a caring ear when you're feeling lonely or anxious. Apps like Woebot offer supportive conversations. **Remember: these are helpful tools, but a therapist or counselor is always better for serious concerns.**

Researching Symptoms Responsibly

It's okay to ask AI about general health topics. The key is to use it for information-gathering, not diagnosis. Always bring what you learn to your doctor for their professional opinion.

✏ Exercise 6.1 — My Health Routine Planner

Fill in your typical daily wellness routines below. Then, in the "AI Could Help By..." column, write one way AI could support that part of your day.

Time of Day	My Wellness Routine	AI Could Help By...
Morning		
Afternoon		
Evening		

✏ Exercise 6.2 — Asking AI About Health: Practice Questions

Here are 5 example questions you can safely ask AI about health. Read them, and then write **3 of your own health questions** you'd like to explore.

⭐ **Example Health Questions to Ask AI:**

1. "What are the general symptoms of high blood pressure?"
2. "What foods are good for heart health?"
3. "What does it mean to have high cholesterol?"
4. "What are some gentle exercises for people with arthritis?"
5. "What is the recommended amount of sleep for adults over 65?"

My own health questions I'd like to explore with AI:

1.

2.

3.

📋 Cheat Sheet 6 — Health AI Dos and Don'ts

✅ DO Ask AI...

❌ DON'T Rely on AI For...

General information about a medical condition

Diagnosing a specific illness or condition

Healthy eating tips and nutrition guidance

Changing your medication or dosage

Gentle exercise ideas for your fitness level

Emergency medical advice (call 911 instead)

What a medical term means in plain language

Interpreting your specific test results

Sleep hygiene tips and relaxation techniques

Deciding whether to have a surgery or procedure

Questions to bring to your doctor's appointment

Determining if a symptom is dangerous

Mental wellness tips and stress-reduction ideas

Replacing your therapist or counselor

Hydration, vitamin, and wellness reminders

Making any major health decision without a doctor

🛡️ **Always Remember**

Your doctor should always be the one making medical decisions about your care. AI is a helpful information tool — your doctor is your trusted healthcare partner.

🎯 Weekly Practice Prompt 6

"Set up one health reminder using AI this week. Write below: What reminder did you set? When does it remind you? Why did you choose that reminder?"

Module 6 Complete! ✅ Your health matters — and now AI can help!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 7 OF 10

Smart Home & Independence

> *"Home is where the heart is — and smart home AI makes it even better."*
>
> — Course Instructor

Module Overview

Imagine a home that responds to your voice, adjusts itself to your comfort, and helps keep you safe — all without you having to lift a finger. That's what **AI-powered smart home devices** can do, and in this module, you'll learn all about them.

🎯 Learning Objectives — By the end of Module 7, you will be able to:

- Name at least 5 types of smart home devices and what they do
- Understand how smart home AI supports independent living
- Use basic voice commands to control smart home devices

Smart Home Devices — What They Are and How They Help

Device	What It Does	How It Helps You
Smart Speaker (Amazon Echo, Google Home)	A voice-controlled AI assistant that plays music, answers questions, and controls your home.	Hands-free help for reminders, music, news, and controlling other devices.
Smart Lights	Lights you can control with your voice or phone.	No more getting up in the dark — turn lights on and off from bed.
Smart Thermostat	Learns your temperature preferences and adjusts automatically.	Always comfortable without fiddling with controls. Saves on energy bills too.
Video Doorbell	Shows you who's at the door on your phone or TV — without opening the door.	See and speak to visitors safely from anywhere in your home.
Smart Door Lock	Lock or unlock your door with your voice or phone.	Never worry about forgetting to lock up again.
Fall Detection Device	Wearable device that automatically calls for help if it detects a fall.	Peace of mind for you and your family — help comes even if you can't call.

💡 **Fun Fact!**

Studies show that seniors who use smart home technology report feeling **more independent, more safe, and less anxious** about living at home. Many adult children also feel much more at ease when a parent

has smart home devices.

✏ Exercise 7.1 — My Smart Home Wishlist

Read the list of smart home devices below. **Put a checkmark next to any device that interests you**, and write one reason why it appeals to you in the space provided.

Check	Device	Why This Interests Me
☐	Smart Speaker (Echo / Google Home)	
☐	Smart Lights	
☐	Smart Thermostat	
☐	Video Doorbell	
☐	Smart Door Lock	
☐	Fall Detection Wearable	
☐	Smart TV with Voice Control	
☐	Smart Security Camera	
☐	Medication Dispenser with Reminders	
☐	Smart Plug (turns appliances on/off)	
☐	Robot Vacuum	
☐	Voice-Controlled Phone	

✏ Exercise 7.2 — A Day with a Smart Home

Read this short story, then answer the 3 questions below.

Margaret wakes up at 7am and says, "Alexa, good morning." The smart speaker responds by telling her the weather, reading her calendar reminders, and playing her favorite classical music. She says "Alexa, turn on the kitchen lights" before walking to make breakfast. While cooking, she asks, "Hey Google, set a timer for 10 minutes." When the doorbell rings, she checks her phone and sees it's her mail carrier on the video doorbell — no need to get up. Before bed, she says "Alexa, lock the front door and turn off all the lights." Margaret smiles as she drifts off to sleep, feeling safe and comfortable in her home.

1. Which smart home devices did Margaret use in this story?

2. Which part of Margaret's day would you personally find most helpful?

3. What is one thing you would add to Margaret's smart home setup?

📋 Cheat Sheet 7 — Top Smart Home AI Commands

#

Say This Command Out Loud

1

"Alexa, turn on the lights."

2

"Hey Google, lock the front door."

3

"Alexa, set the thermostat to 72 degrees."

4

"Hey Google, turn off the bedroom light."

5

"Alexa, dim the living room lights to 50%."

6

"Hey Siri, show me who's at the door."

7

"Alexa, good morning." (starts a morning routine)

8

"Hey Google, turn off all the lights."

9

"Alexa, set a bedtime routine for 10pm."

10

"Hey Google, increase the heat by 2 degrees."

11

"Alexa, call [family member's name]."

12

"Hey Google, is the front door locked?"

🎯 Weekly Practice Prompt 7

"Try one smart home command or feature this week — even if it's just asking your phone to turn on your phone's flashlight! Write what you tried and how it worked."

Module 7 Complete! ✅ Your home is getting smarter!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 8 OF 10

Safety & Privacy

> *"Knowledge is power — and knowing how to stay safe online is one of the most powerful things you can do."*
>
> — Course Instructor

Module Overview

Staying safe online is just as important as locking your front door. In this module, you will learn how to recognize AI-related scams, protect your personal information, and navigate the digital world with confidence. **The goal is empowerment, not fear.**

🎯 **Learning Objectives — By the end of Module 8, you will be able to:**

- Identify common AI-related scams that target seniors
- Know exactly what personal information should never be shared with AI
- Apply 10 basic digital safety habits in everyday life

Common AI-Related Scams — Know What to Watch For

Deepfake Calls and Voice Fraud

Scammers can now use AI to copy someone's voice — even a family member's — and call you pretending to be that person. They may say they're in trouble and need money immediately. **If you receive an unexpected**

call asking for money, hang up and call that family member back on a number you already know.

Phishing Emails

Phishing emails are fake emails that look like they come from banks, government agencies, or trusted companies. They try to get you to click a link or share your personal details. If an email asks for personal information or feels urgent and alarming, **do not click any links** — call the organization directly.

Too-Good-To-Be-True Offers

If an AI or a website promises you prize money, free gifts, or asks you to pay a small fee to receive something big — **it is almost certainly a scam.** Legitimate companies do not contact you this way.

✏ Exercise 8.1 — Spot the Scam!

Read each scenario. Circle **SCAM** or **SAFE**, then write why you chose that answer.

> **Scenario 1:** You receive a phone call from someone who sounds exactly like your grandson. He says he's been in a car accident and needs you to wire $2,000 right away to pay the hospital. He tells you not to call his parents because he's embarrassed.
>
> Circle one: **SCAM** **SAFE** Because:

> **Scenario 2:** Your bank sends you a letter in the mail saying your account

statement is ready to view online. The letter shows the bank's regular address and phone number.

Circle one: **SCAM** **SAFE** Because:

Scenario 3: You receive an email claiming you've won a $5,000 prize. It asks you to click a link and enter your Social Security Number and bank account information to claim your prize.

Circle one: **SCAM** **SAFE** Because:

Scenario 4: You ask your AI assistant "What's the weather in Chicago today?" and it tells you the temperature and whether to bring an umbrella.

Circle one: **SCAM** **SAFE** Because:

Scenario 5: A pop-up message on your computer says "URGENT: Your computer has a virus! Call this number immediately and give us access to your computer."

Circle one: **SCAM** **SAFE** Because:

⭐ **Answer Key**

Scenario 1: **SCAM** (AI voice cloning fraud — always call back on a known number). Scenario 2: **SAFE** (A normal mailed bank statement). Scenario 3: **SCAM** (Never enter personal info to claim prizes). Scenario 4: **SAFE** (Normal, helpful AI use). Scenario 5: **SCAM** (Tech support fraud — close the window and call a trusted person).

✏ Exercise 8.2 — My Digital Safety Checklist

Check off each safety habit you already have in place. Put a star next to any you want to work on this week!

I use a strong password (mix of letters, numbers, and symbols) for my important accounts.

I never share my Social Security Number with an AI tool or website I don't fully trust.

I keep my phone and computer software updated regularly.

I don't click links in emails from unknown senders.

I have two-factor authentication turned on for my email account.

I never give my passwords to anyone, including family members or "tech support" callers.

I know that if a phone offer sounds too good to be true, I hang up.

I lock my phone with a PIN, fingerprint, or face scan.

I use a trusted family member or friend to verify unusual requests before sending money.

I know I can call the National Elder Fraud Hotline at 1-833-FRAUD-11 if I suspect a scam.

📋 Cheat Sheet 8 — Your AI Safety Rules

Post this somewhere you'll see it often. These are your 10 golden safety rules!

🛡️ 1. Never share your Social Security Number with an AI tool or website.

🛡️ 2. Never share your bank account or credit card numbers with AI.

🛡️ 3. If a phone call sounds urgent and asks for money, hang up and verify separately.

🛡️ 4. If it sounds too good to be true, it probably is.

🛡️ 5. Trusted companies will never ask for your password via email or phone.

🛡️ 6. Always log out of AI tools on shared or public computers.

🛡️ 7. If you're unsure whether something is safe, ask a trusted family member or friend first.

🛡️ 8. AI voice assistants only "listen" when activated — but never say your passwords out loud.

🛡️ 9. Keep your devices and apps updated — updates include important security protections.

🛡️ **10. You are in control. If something online makes you uncomfortable, close it and walk away.**

🎯 Weekly Practice Prompt 8

"Review your privacy settings on one app or device this week. What app or device did you check? What did you find? Did you change anything?"

Module 8 Complete! ✅ You are empowered and protected!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 9 OF 10

Lifelong Learning

> *"Live as if you were to die tomorrow. Learn as if you were to live forever."*
>
> — Mahatma Gandhi

Module Overview

Learning never has to stop — and with AI as your always-available, infinitely patient tutor, it's easier, more fun, and more rewarding than ever. In this module, you'll discover how to use AI to explore new hobbies, learn new skills, and keep your mind sharp and engaged.

🎯 Learning Objectives — By the end of Module 9, you will be able to:

- Identify at least 3 subjects or skills you want to learn more about
- Use AI as a personalized tutor to explore any topic
- Ask effective follow-up questions to deepen your learning

AI as Your Lifelong Learning Companion

One of the most wonderful things about AI is that it is available **24 hours a day, 7 days a week**, and it never gets impatient, tired, or frustrated. You can ask it the same question ten different ways until you understand the answer — and it will keep explaining, cheerfully, every time.

Here are just some of the things you can learn with AI:

- 🌍 **Languages** — Learn basic words and phrases in any language in the world
- 📚 **History** — Ask about any historical event, person, or era that fascinates you
- 🎵 **Music** — Learn about composers, music history, or how to identify musical styles
- 🌱 **Gardening** — Get advice on plants, seasons, and growing techniques for your area
- 🍳 **Cooking** — Discover new recipes, techniques, and culinary traditions from around the world
- 🔬 **Science** — Explore everything from astronomy to biology in plain, fascinating language
- 🎨 **Arts & Crafts** — Get instructions for knitting, painting, woodworking, and more
- 📖 **Local History** — Ask AI about the history of your city, neighborhood, or family heritage

> 💡 **Fun Fact!**
>
> Research consistently shows that learning new skills and staying mentally curious is one of the best ways to support cognitive health and reduce the risk of memory decline as we age. AI makes learning more accessible than ever — which means it's literally good for your brain!

✏ Exercise 9.1 — My Learning Bucket List

Write **5 things you have always wanted to learn** — no matter how big or small! Then, write one question you could ask an AI to get started on each topic.

Something I've Always Wanted to Learn	A Question I Could Ask AI to Get Started

---

✏ Exercise 9.2 — AI as My Tutor

Pick **one topic from your bucket list above**. Practice asking AI three follow-up questions about it — each one going a little deeper. Write the questions and answers below.

My chosen topic:

Question 1 (starting question):

AI's answer:

Question 2 (follow-up question):

AI's answer:

Question 3 (deeper follow-up):

AI's answer:

One fascinating thing I learned:

📋 Cheat Sheet 9 — Learning Prompts to Try with AI

Category	Sample Prompt to Ask Your AI
History	"Tell me about what life was like in America during the 1940s."
History	"Who was [your favorite historical figure] and why are they important?"
Languages	"Teach me how to say 'hello,' 'please,' and 'thank you' in Italian."
Languages	"Give me 10 common Spanish phrases a traveler should know."
Cooking	"Explain the difference between baking powder and baking soda in plain language."
Cooking	"Give me an easy recipe for someone who is just learning to cook."
Arts & Crafts	"How do I get started with watercolor painting as a beginner?"
Music	

"Who was Beethoven and what made his music so special?"

Science

"Explain how the human heart works in simple terms."

Gardening

"What vegetables are easiest to grow in a small backyard in the Midwest?"

Local History

"Tell me about the history of Chicago in the early 1900s."

Local History

"What is the origin of the name of my town or neighborhood?"

🎯 Weekly Practice Prompt 9

"Learn something completely new with AI this week. Choose any topic that sparks your curiosity! Write below what you discovered — and whether it surprised you."

Module 9 Complete! ✅ The world is your classroom!

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

MODULE 10 OF 10

Capstone Toolkit

> *"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."*
>
> — Dr. Seuss

Module Overview

You made it! This is the final module of your AI for Seniors course — and it is cause for celebration. In this module, you will bring together everything you have learned, reflect on your incredible progress, and build your personal AI toolkit for the future.

🎯 Learning Objectives — By the end of Module 10, you will be able to:

- Reflect on your complete AI learning journey across all 10 modules
- Identify your favorite AI tools and how you'll use them going forward
- Create a personal AI plan with goals for the next 3 months

Congratulations — Look How Far You've Come!

When you opened this workbook, AI might have felt unfamiliar or even a little scary. But look at what you've accomplished! You've learned what AI is, how to talk to it, how to use it for everyday life, communication, creativity, health, home, safety, and learning. **That is genuinely impressive.**

Remember: most people never take the time to learn these skills. You chose to be curious, to be brave, and to keep going — even when things felt challenging. **That says everything about the kind of person you are.**

AI will keep growing and changing, and you will keep growing with it. The skills and habits you've built in this course will serve you for years to come. You are now officially a **confident, capable AI user** — and that is something to be very proud of.

🎓 Capstone Project — My AI Life Plan

This is your final project. Take your time with it. There are no wrong answers — just honest, thoughtful reflection.

Part A — My AI Wins 🏆

List **5 things you successfully did with AI** during this course. Be proud of every single one!

1.

2.

3.

4.

5.

Part B — My Favorite AI Tools ⭐

Write the names of your **3 favorite AI tools** and what you like to use them for.

AI Tool Name	I Use It For...	Why I Like It

Part C — My AI Goals for the Next 3 Months 🎯

Write **3 specific goals** for how you will use AI in your life over the next 3 months.

Goal 1:

Goal 2:

Goal 3:

Part D — I Want to Learn More About... 💡

Write **3 questions or topics** you still want to explore with AI in the future.

1.

2.

3.

✨ CERTIFICATE OF COMPLETION ✨

AI for Seniors Online Course

This is to proudly certify that

(Write your full name above)

has successfully completed all 10 modules of the

"AI for Seniors: Your Complete Learning Workbook"

and has demonstrated curiosity, courage, and remarkable achievement in learning to use Artificial Intelligence in everyday life.

Date of Completion:

(Write today's date above)

🌟 Congratulations — You Did It! 🌟

📋 Cheat Sheet 10 — My Personal AI Quick Reference Card

This is *your* personal reference card. Fill it in with your favorites so you always have a quick reminder nearby!

My Favorite 5 AI Commands

1.

2.

3.

4.

5.

My Top 3 Safety Rules

1.

2.

3.

My Go-To AI Tool

Name of tool:

How to access it:

My favorite thing to use it for:

🎯 Weekly Practice Prompt 10

"Write a short letter to a friend or family member describing what AI is and why they should try it. Tell them one thing AI helped you do during this course that surprised you or made you smile."

Module 10 Complete! ✅ You have completed the entire course! 🎓

Rate Your Confidence: ☆ 1 ☆ 2 ☆ 3 ☆ 4 ☆ 5

(Circle your number)

⭐ BONUS MATERIALS ⭐

Bonus Materials & Reference Guides

These bonus materials are yours to keep, refer to, and share with others. No need to read them in order — just use whatever is most helpful to you!

📱 Quick-Start Guide 1: Voice Assistants

Getting Started with Amazon Alexa, Google Assistant, or Apple Siri

> ⭐ **Good to Know Before You Begin**
>
> You can use any one of these three voice assistants — they all work very similarly. Choose the one that matches your device: **Alexa** for Amazon Echo, **Google Assistant** for Android phones, or **Siri** for iPhones and iPads.

Step 1: Make Sure Your Device Is Ready

Check that your phone, tablet, or smart speaker is **charged** and turned on. Make sure you are connected to your home **Wi-Fi** (the internet).

Step 2: Find or Open the App

On a **smart speaker**: it's already built in — just plug it in! On a **phone or tablet**: look in your app store for "Alexa," "Google," or find "Siri" in your iPhone Settings.

Step 3: Create or Sign In to Your Account

You'll need a free account — use your email address and create a password. If you already have an Amazon, Google, or Apple account, use that one. Ask a family member for help if needed!

Step 4: Say the Magic Wake Word

Speak clearly and say: **"Alexa,"** or **"Hey Google,"** or **"Hey Siri."** Wait for the device to chime or light up — that means it's listening!

Step 5: Ask Your First Question!

Try saying: **"What's the weather today?"** or **"Tell me a joke."** Listen to the response — and smile, because you just used AI!

> 🛡️ **Safety Reminder**
>
> Your voice assistant only records when you say its wake word. You do not need to worry about it listening to private conversations — it is waiting for its name, just like a friendly dog!

💻 Quick-Start Guide 2: AI Chatbots

Getting Started with ChatGPT or Microsoft Copilot

> ⭐ **What's the Difference Between a Voice Assistant and a**

Chatbot?

A **voice assistant** is one you talk to out loud. A **chatbot** is one you type to — like sending text messages to a very smart friend. Both are AI. Both are helpful!

Step 1: Open Your Web Browser

On your computer or tablet, find your web browser — it might be called **Edge**, **Chrome**, or **Safari**. Click or tap on it to open it.

Step 2: Go to the Website

In the address bar at the top, type: **copilot.microsoft.com** (for Microsoft Copilot) or **chatgpt.com** (for ChatGPT). Then press Enter.

Step 3: Create a Free Account or Sign In

You may be asked to sign in or create a free account. Use your email address. Microsoft Copilot can be used without an account for basic questions.

Step 4: Find the Text Box and Type Your Question

Look for a text box — usually at the bottom of the page — that says "Ask me anything" or "Message." Click on it and type your question in plain language. Then press **Enter** or click the send button.

Step 5: Read the Response!

The AI will type back an answer, usually within a few seconds. Read it carefully. If you want to follow up, just type another question — it remembers your conversation!

> 💡 **First Question to Try**
>
> Type this: **"Hello! I'm new to AI. What can you help me with?"** — The AI will introduce itself and give you a helpful list of things to try!

🎤 Quick-Start Guide 3: Voice-to-Text Made Easy

How to Send Messages and Emails Without Typing a Single Word

Voice-to-text is one of the most useful features for seniors. It lets you **speak your message out loud**, and your device writes it for you automatically. No more slow typing or worrying about spelling!

On an iPhone or iPad:

1. Open a text message or email as if you were going to type.
2. Look at your keyboard. Find the **microphone icon** (🎤) — usually at the bottom right of the keyboard.
3. Tap the microphone icon. You'll see a waveform appear, meaning it's listening.
4. Speak your message clearly. Say punctuation out loud: say **"period"** for a period, **"comma"** for a comma.

5. When finished, tap the microphone again. Read what it wrote, make any corrections, and send!

On an Android Phone or Tablet:

6. Open a text message, email, or any typing field.
7. Tap the microphone icon on the keyboard (usually in the top right area).
8. Speak your message clearly and naturally.
9. Tap the microphone again when done. Review and send!

On a Windows Computer:

10. Click inside any text field where you want to type.
11. Press the **Windows key + H** on your keyboard at the same time.
12. A microphone bar will appear. Say "Start listening" and begin speaking.
13. When finished, say "Stop listening."

⭐ **Tips for Better Voice-to-Text**

- Speak at a **normal pace** — not too fast, not too slow.
- Speak in a quiet room for best results.
- Always **review** what it wrote before sending — it occasionally mishears words.
- It gets better the more you use it!

⭐ Master Cheat Sheet: 50 AI Prompts for Seniors

Ready-to-Use Prompts — Organized by Category

Cut this page out and keep it on your refrigerator, nightstand, or anywhere handy. Just read the prompt out loud or type it into your AI!

🗓️ Daily Life (10 Prompts)

#	Say or Type This
1	**"What's the weather today and should I bring an umbrella?"**
2	**"Remind me to take my medication at 8am every morning."**
3	**"What time does the post office close today?"**
4	**"Help me make a grocery list for a simple week of meals."**
5	**"Set a timer for 30 minutes."**
6	**"What are today's top news headlines?"**
7	**"Find me a good plumber near [my town]."**
8	**"Add [item] to my shopping list."**
9	**"What is a good easy recipe using chicken and potatoes?"**

#	Say or Type This
10	**"How many tablespoons are in half a cup?"**

💊 Health & Wellness (8 Prompts)

#	Say or Type This
1	**"What are good morning stretches for seniors?"**
2	**"What foods are good for lowering blood pressure naturally?"**
3	**"Remind me to drink water every 2 hours today."**
4	**"What does the term 'inflammation' mean in plain language?"**
5	**"What are some good habits for sleeping better at night?"**
6	**"What are some gentle chair exercises I can do at home?"**
7	**"Help me make a list of questions to ask my doctor."**
8	**"What vitamins are commonly recommended for people over 65?"**

💌 Communication (8 Prompts)

#	Say or Type This
1	**"Help me write a birthday message for my granddaughter**

#	Say or Type This
	turning 10."
2	**"Write a short thank-you note to my neighbor who brought me soup."**
3	**"Help me write a polite email to reschedule a doctor's appointment."**
4	**"Translate 'I love you and miss you' into Italian."**
5	**"Help me write a congratulations message for my friend's retirement."**
6	**"Check the spelling and grammar of this message: [paste your text]."**
7	**"What does this confusing email mean? [paste the email]"**
8	**"Write a short, warm letter to my sister I haven't spoken to in a while."**

🎨 Creativity (8 Prompts)

#	Say or Type This
1	**"Write a short poem about my garden in spring."**
2	**"Tell me a funny, clean joke."**
3	**"Write a short, 3-paragraph story about a woman who finds a mysterious letter in her attic."**
4	**"Create a fun quiz about American history from the**

#	Say or Type This
	1950s and 60s."
5	**"Describe a summer evening in Paris as if I'm there."**
6	**"Help me write a memory about my childhood to share with my grandchildren."**
7	**"Give me 5 fun ideas for homemade gifts I can make for the holidays."**
8	**"Write a funny limerick about my cat."**

📚 Learning (8 Prompts)

#	Say or Type This
1	**"Explain the history of jazz music in simple terms."**
2	**"Teach me 5 words in French."**
3	**"What happened in the world during the year I was born?"**
4	**"Explain how the moon affects the ocean tides in simple words."**
5	**"What are 5 interesting facts about ancient Egypt?"**
6	**"How do I get started learning watercolor painting from scratch?"**
7	**"Tell me about the history of Chicago in the 1920s."**
8	**"What is a good book to read if I love mysteries?"**

🏠 Smart Home (8 Prompts)

#	Say or Type This
1	**"Alexa, turn on the living room lights."**
2	**"Hey Google, set the thermostat to 70 degrees."**
3	**"Alexa, play relaxing classical music."**
4	**"Hey Siri, call my daughter."**
5	**"Alexa, is the front door locked?"**
6	**"Hey Google, turn off all lights."**
7	**"Alexa, dim the bedroom light to 30%."**
8	**"Hey Google, wake me up at 7am tomorrow."**

📖 Glossary: AI Words Made Simple

30 Technology Terms Explained in Plain Language

Each definition is written in plain English with a real-life example. If you hear a technology word you don't understand, look it up here!

Algorithm

A set of step-by-step instructions a computer follows to complete a task. *Example: The algorithm Netflix uses decides which shows to recommend to you based on what you've watched before.*

App (Application)

A program you download onto your phone, tablet, or computer to perform a specific task. *Example: The weather app on your phone, or the Maps app for directions.*

Artificial Intelligence (AI)

Computer technology that can learn, solve problems, and perform tasks that normally require human thinking. *Example: A voice assistant that understands your question and answers it.*

Automation

When a computer performs a task automatically, without you having to do it yourself. *Example: Your phone automatically adjusting screen brightness when you walk outside.*

Chatbot

An AI program you can have a typed or spoken conversation with. *Example: ChatGPT or Microsoft Copilot — you type a question and it types back an answer.*

Cloud

Storage space on the internet (not on your device) where your photos, files, and data can be saved safely. *Example: iCloud stores your iPhone photos so they're safe even if you lose your phone.*

Data

Information — facts, numbers, words, and images — that computers collect and use to learn and work. *Example: Your daily step count is health data collected by your phone.*

Digital Assistant

A broad term for any AI helper — voice-based or text-based — that helps you with everyday tasks. *Example: Asking Siri "Set a reminder for my doctor's appointment."*

Download

Copying something from the internet onto your device so you can use it. *Example: Downloading a new app from the App Store onto your phone.*

Email

Electronic mail — a message sent over the internet from one person to another. *Example: Sending a photo of your grandchildren to a friend using Gmail or Outlook.*

Encryption

A security method that scrambles your data so only authorized people can read it. *Example: When you see a padlock icon in your browser, your information is encrypted and protected.*

Filter

A tool that sorts or blocks certain content automatically. *Example: Your email's spam filter blocks junk mail so you don't have to see it.*

Firewall

A security barrier that protects your computer from harmful programs or unauthorized access from the internet. *Example: Windows has a built-in firewall that runs quietly in the background.*

GPS (Global Positioning System)

A technology that uses satellites to determine your exact location on Earth and give you directions. *Example: Google Maps or Waze use GPS to show you how to get to your destination.*

Internet

A global network connecting billions of computers and devices so they can share information instantly. *Example: Looking up a recipe, reading the news, or video calling your family — all use the internet.*

Machine Learning

A type of AI that improves itself automatically by learning from experience, without being specifically programmed for each task. *Example: Your email learning which messages are spam and filtering them out automatically.*

Natural Language Processing (NLP)

The AI technology that allows computers to understand and respond to human language — the way we actually speak and write. *Example: When you ask Alexa a question in plain English, NLP is what helps it understand you.*

Network

A system that connects multiple computers or devices so they can communicate and share information. *Example: Your home Wi-Fi network connects your phone, tablet, and TV to the internet.*

Password

A secret combination of letters, numbers, and symbols used to protect your accounts and devices. *Example: The code you type to log in to your email account.*

Phishing

A scam where someone pretends to be a trusted organization — like your bank or the government — to trick you into sharing personal information. *Example: A fake email claiming to be from your bank, asking you to click a link and enter your password.*

Privacy

Control over your personal information and who can see or use it. *Example: Adjusting settings on Facebook to control who can see your posts.*

Prompt

The question or instruction you give to an AI to tell it what you want. *Example: Typing "Write me a birthday message for my son" into a chatbot — that's your prompt.*

QR Code

A square pattern of black and white dots that a phone camera can scan to open a website or display information instantly. *Example: Scanning a QR code at a restaurant to see the menu on your phone.*

Search Engine

A tool that searches the internet and finds web pages related to your question. *Example: Google, Bing — type your question and it shows you a list of relevant websites.*

Smart Device

A device connected to the internet that can be controlled remotely or interact with AI. *Example: A smart thermostat that learns your temperature preferences and adjusts automatically.*

Social Media

Online platforms that allow people to share messages, photos, and videos with others. *Example: Facebook, Instagram, and YouTube are all social media platforms.*

Software

Programs and applications that tell a computer what to do. *Example: Microsoft Word, your email program, and your phone's operating system are all software.*

Update

A new version of software that fixes problems, adds features, and improves security. *Example: When your phone asks you to install an update, it's making itself safer and better.*

Upload

Sending a file or photo from your device to the internet or to another person. *Example: Uploading a photo to Facebook so your family can see it.*

Voice Assistant

An AI you activate and control using your voice — it listens to what you say and responds. *Example: Saying "Hey Siri, call my doctor" and having your phone make the call for you.*

Wi-Fi

A wireless internet connection that lets your devices connect to the internet without plugging in a cable. *Example: The internet connection in your home that your phone, tablet, and computer all use.*

🗓️ Weekly Practice Prompts — Full Year Collection

52 Weeks of AI Practice — Organized by Season

One prompt per week, for a whole year of confident AI practice! Work through them in order or choose any that interest you. Write a brief note after each one — even just a word or two about how it went.

🍂 Fall (Weeks 1–13)

❄️ Winter (Weeks 14–26)

🌸 Spring (Weeks 27–39)

☀️ Summer (Weeks 40–52)

✅ Progress Tracker

Your Module Completion Checklist

Check off each module as you complete it, and write one thing you learned or one thing that surprised you. Be proud of every checkmark — you earned it!

Done?	Module Title	One Thing I Learned or That Surprised Me
☐	**Module 1:** Introduction to AI	
☐	**Module 2:** Getting Started with AI Tools	
☐	**Module 3:** Everyday AI Skills	
☐	**Module 4:** Communication & Connection	
☐	**Module 5:** Creativity & Fun	
☐	**Module 6:** Health & Wellness	
☐	**Module 7:** Smart Home & Independence	
☐	**Module 8:** Safety & Privacy	
☐	**Module 9:** Lifelong Learning	
☐	**Module 10:** Capstone Toolkit	

⭐ Motivational Reminder ⭐

"It does not matter how slowly you go, as long as you do not stop."

— Confucius

Every module you complete is a victory. Every question you ask is a sign of wisdom. Keep going — you are doing something wonderful.

AI for Seniors: Your Complete Learning Workbook | Course Edition 1.0 | August 2026

Designed with warmth and care for lifelong learners everywhere.

🌟 Thank you for learning with us, Veronica. 🌟
