



## HOW TO USE YOUR AI ALTERNATIVE CARDS

Print each sheet on card stock and cut out each card.

When you feel the urge to chat with AI:

1. Shuffle the deck
2. Pick the first card that appeals to you
3. Set a timer for the activity
4. Do the activity
5. Notice how you feel after

Remember: These cards aren't about being "productive" all the time. They're about giving you back choice in how you spend your time.

Download more resources at: [beinghumanwithai.org/aisafety](https://beinghumanwithai.org/aisafety)



[beinghumanwithai.org](https://beinghumanwithai.org)



## MOVE YOUR BODY

Do 20 jumping jacks



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## MOVE YOUR BODY

Dance to one song



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## MOVE YOUR BODY

Walk around the block



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## MOVE YOUR BODY

Stretch for 5 minutes



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## QUICK CREATIVE

Doodle for 10 minutes



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## QUICK CREATIVE

Write a haiku



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## QUICK CREATIVE

Take random photos



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)



## QUICK CREATIVE

Rearrange one small space



Being Human  
**With AI**  
[beinghumanwithai.org](http://beinghumanwithai.org)

 **CONNECT WITH HUMANS**  
Text someone you haven't  
talked to lately



 **CONNECT WITH HUMANS**  
Call a family member



 **CONNECT WITH HUMANS**  
Post something genuine on  
social media



 **CONNECT WITH HUMANS**  
Write a thank you note



 **TINY IMPROVEMENTS**  
Update one social media  
profile



 **TINY IMPROVEMENTS**  
Clean your workspace



 **TINY IMPROVEMENTS**  
Organize one drawer



 **TINY IMPROVEMENTS**  
Delete 20 old photos





## SKILL BUILDING

Watch one educational  
YouTube video



## SKILL BUILDING

Practice a language for 10  
minutes



## SKILL BUILDING

Learn one new keyboard  
shortcut



## SKILL BUILDING

Read one article about your  
interests



## FUTURE PLANNING

Plan this weekend's  
activities



## FUTURE PLANNING

Research one place you  
want to visit



## FUTURE PLANNING

Update your resume or  
LinkedIn profile



## FUTURE PLANNING

List 3 goals for next month

