



## 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)







## MOVE YOUR BODY

Do 20 jumping jacks



## MOVE YOUR BODY

Dance to one song



## MOVE YOUR BODY

Walk around the block



## MOVE YOUR BODY

Stretch for 5 minutes



## QUICK CREATIVE

Doodle for 10 minutes



## QUICK CREATIVE

Write a haiku



## QUICK CREATIVE

Take random photos



## QUICK CREATIVE

Rearrange one small space







## CONNECT WITH HUMANS

Text someone you haven't talked to lately



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## CONNECT WITH HUMANS

Call a family member



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## CONNECT WITH HUMANS

Post something genuine on social media



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## CONNECT WITH HUMANS

Write a thank you note



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## TINY IMPROVEMENTS

Update one social media profile



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## TINY IMPROVEMENTS

Clean your workspace



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## TINY IMPROVEMENTS

Organize one drawer



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## TINY IMPROVEMENTS

Delete 20 old photos



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## 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

