Worksheet

Benefits of Artificial Intelligence (AI)

This worksheet will help you list opportunities and benefits of AI for your day to day.

Good Things

How to use this worksheet

Print this worksheet out

Read the examples

Write your answers

Ask for help if you need it

Let's explore how AI, or Artificial Intelligence, can make our daily tasks easier.

AI is like a smart helper in your devices, like your phone or computer. It can learn and help with things like finding directions, translating languages, and even shopping online

Sana uses a grocery app. It tells her what recipes she can make and creates a shopping list for her. This saves her time

Yasmin uses a fitness tracker. It checks her heart and sleep. The app gives her tips to stay healthy.

Amina uses a language app to learn English. The app adapts to her pace and provides personalised exercises, making learning more effective.

Ngoc shops online and gets s product recommendations. This makes finding what she needs easier and faster.

Ahmed's family uses a smart pet feeder that uses AI to schedule feedings and monitor their pet's eating habits.

Suppatra uses a gardening app. It gives tips on plant care and schedules watering times.

Maria's children use a homework help app. It provides explanations and practice problems.

Linh uses a robot vacuum cleaner. It learns her home layout and schedules cleaning times.

A day in your life

Think about a typical day for you. What activities do you do from morning to night? Write down your main activities in the spaces below. This will help you see how AI can assist you in your daily tasks. Whether it's making breakfast, going to work, or picking up children, understanding your daily routine will show you where AI can be a helpful friend.

Example

Time of day	Activity
Morning	Example: Make breakfast
Late Morning	Example: Go to work
Afternoon	Example: Grocery shopping
Late Afternoon	Example: Pick up children
Evening	Example: Cook dinner
Night	Example: Watch TV

A day in your life

Instructions:

1. Think about a typical day for you. What activities do you do from morning to night?
2. Write down your main activities in the spaces provided.

Time of day	Activity
Morning	
Late Morning	
Afternoon	
Late Afternoon	
Evening	
Night	

How AI can be your helper

Instructions:

1. Look at the activities you wrote on the previous page.
2. Think about how AI can help with these activities. Below are some examples to help you.

Examples:

- **Making Breakfast:** Use a smart assistant to set cooking timers and play your favorite morning music.
- **Grocery Shopping:** Use a grocery app to create a shopping list and find recipes.
- **Going to Work:** Use a navigation app to find the quickest route and avoid traffic.
- **Picking Up Children:** Use a calendar app to set reminders for pick-up times.
- **Cooking Dinner:** Use a smart assistant to convert measurements and find recipes.
- **Watching TV:** Use a streaming service to get recommendations based on your interests.

How AI can be your helper

Instructions:

1. Look at the activities you wrote on the previous page.
2. Think about how AI can help with these activities. Below are some examples to help you.

Activity	How AI Can Help

Explore AI tools and apps

Think of AI as a friend who can help you with many tasks. It can make your life easier and save you time.

To find more AI tools, visit the Google Play Store or Apple Store and search for apps that might help with your daily activities. You'll find many helpful tools there!

Additional Tips:
- Start with simple apps like a calendar or a navigation app.
- Try using one new app each week to see how it can help you.
- Don't be afraid to ask for help from family or friends if you're unsure how to use an app.