IS THIS REAL, MOM?

3

FAMILY ACTIVITIES

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These four activities are designed to explore Artificial Intelligence together in a fun and hands-on way. No tech expertise needed — just curiosity and a willingness to play.

ACTIVITY 1 - REAL OR AI? THE DETECTIVE GAME

What is it about?

Look for images together online — on Google, Instagram, or any social media — and try to guess which ones were taken by a person and which ones were created by AI. You can keep score, bet treats, or just play for fun.

Clues to spot AI-generated images:

Hands	Often have too many or too few fingers, or strange shapes.
Eyes	Sometimes misaligned or with an unusual glow.
Text	Letters inside the image are usually distorted or nonsensical.
Backgrounds	Small details — leaves, hair, fabric — look blurry or repeated.
Ears and Teeth	Hard to generate correctly: look for irregularities.

What did you find? Write it down here:

Image 1 - Real or AI? Why do you think so?

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Image 2 - Real or AI? Why do you think so?

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ACTIVITY 2 - ASK THE AI: FIRST TIME TOGETHER

What is it about?

Try an AI generative tool together for the first time. You can use ChatGPT, Gemini, or any free image generator. Many don't require an account — just a browser.

Steps:

1	Open a browser and search for "free AI image generator".
2	Let your child choose what to create. The more absurd the better!
3	Write the instruction together. Be specific: colors, place, characters.
4	Look at the result. Is it what you expected? What came out differently?
5	Try again changing one thing in the instruction. Did the result change?

Ideas to ask the AI:

- A DINOSAUR HAVING COFFEE IN NEW YORK CITY
- AN OCTOPUS PLAYING GUITAR AT THE BOTTOM OF THE SEA
- A GIANT TACO FLOATING IN OUTER SPACE
- A DOG ASTRONAUT ON THE MOON

After exploring, reflect together:

What surprised you about the result?

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ACTIVITY 3 - CHANGE THE BIAS: YOU HAVE THE POWER

What is it about?

In the book, the AI imagined a scientist as an old man with glasses. In this activity you will check if that really happens — and then learn how to change the instruction to get a more diverse result.

Basic instruction

Draw a scientist

Improved instruction

Draw a young female scientist from Asia working in her laboratory

Now try it yourself. Write your own improved instruction:

My improved instruction:

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What changed in the result?

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ACTIVITY 4 - I AM THE DETECTOR: WEEKLY CHALLENGE

What is it about?

For one week, every time your child sees an image, video, or text online, practice asking the question: "Is this real or is it AI?" Write down what you found each day.

Day	What did I find?	Real or AI?	How did I know?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Mako

Congratulations, detector!
By the end of the week, you are officially an expert at thinking before believing.