



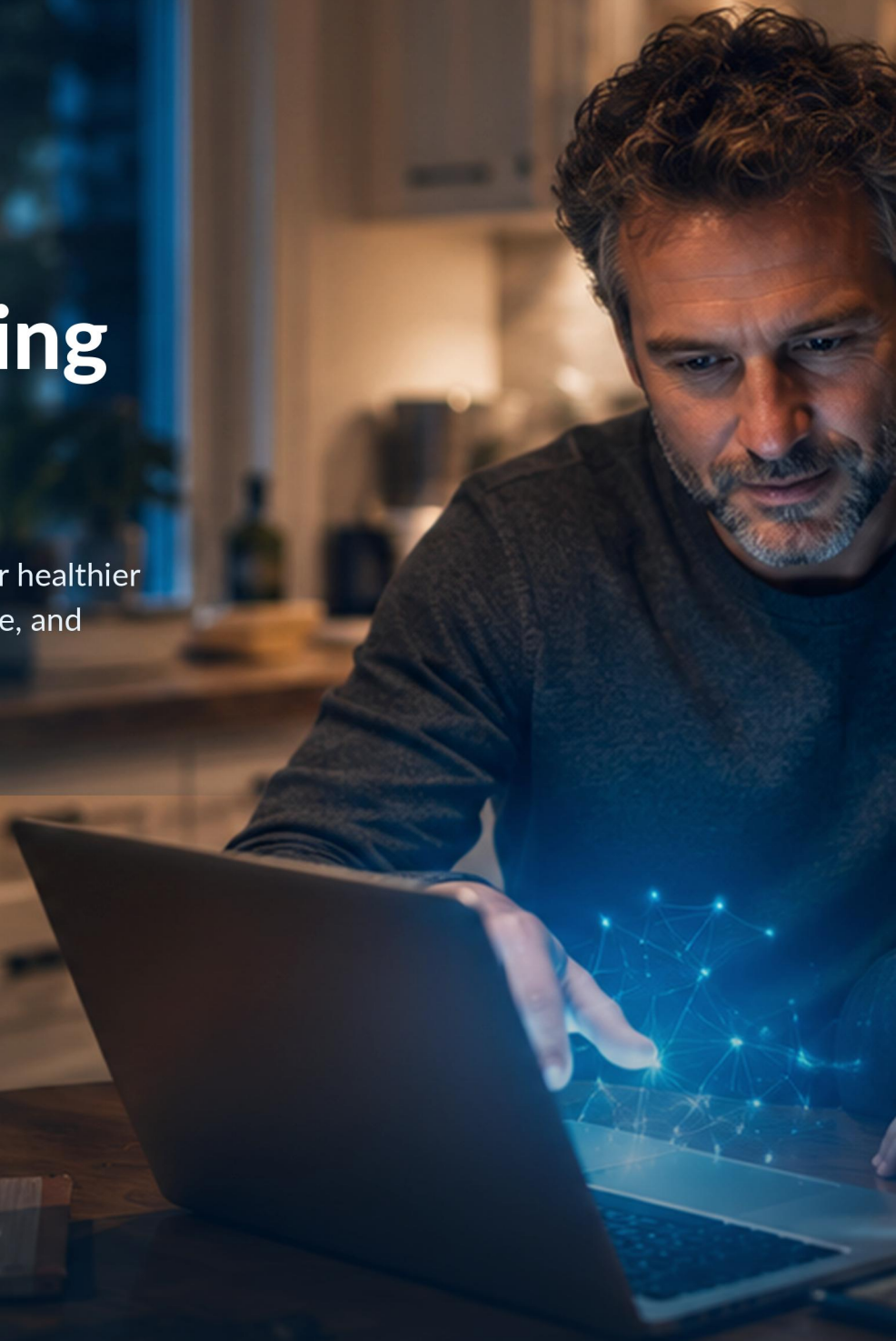
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Family AI + Digital Learning Planner

A practical 10-page family toolkit for healthier technology habits, responsible AI use, and stronger student independence.

PLAN • GUIDE • VERIFY • REFLECT

Purpose before screen time.





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How to Use This Planner

Use one page at a time. Review together. Adjust what does not fit.

02

A SIMPLE WEEKLY RHYTHM

Three steps keep the planner practical instead of overwhelming.

1 PLAN

Choose the goal, time, place, and tool.

2 LEARN

Use one checkpoint instead of constant monitoring.

3 REFLECT

End with teach-back and one clear next step.

SET THE P.A.C.E.

Four decisions before the screen turns on.

P

PURPOSE

What should be understood, practiced, created, or solved?

A

AREA + TIME

Where will learning happen, and how long will it last?

C

CHECKPOINT

When will the learner pause and check understanding?

E

EXPLAIN

How will the learner teach back the learning?

KEEP IT WORKABLE

- ☐ Start with one or two pages.
- ☐ Adjust routines that do not fit.
- ☐ Review progress together each week.



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Family Digital Learning Agreement

Create shared expectations before problems begin.

03

OUR SHARED PURPOSE

What do we want digital learning to help our family accomplish?

WHERE + WHEN

Primary learning area

Typical start and stop times

Planned device-free break

APPROVED TOOLS

Device or platform

Learning purpose

Adult approval needed

RESPONSIBLE AI COMMITMENTS

- ☐ Attempt the task before asking AI for help.
- ☐ Ask for hints, explanations, feedback, or practice - not replacement work.
- ☐ Check important information against trusted sources.
- ☐ Explain the final work in your own words.

WE AGREE TO PRACTICE THIS TOGETHER

Student signature

Parent/caregiver signature

Agreement date

Review date



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Approved Tools + Technology Inventory

Know what each tool is for, who uses it, and when it should be reviewed.

04

OUR APPROVED TOOL LIST

Complete one profile for every device, platform, app, or AI tool used for learning.

1 TOOL PROFILE

Tool / device / platform

Primary learning purpose

Who uses it?

Next review date

Adult approval: ☐ Yes ☐ No

3 TOOL PROFILE

Tool / device / platform

Primary learning purpose

Who uses it?

Next review date

Adult approval: ☐ Yes ☐ No

2 TOOL PROFILE

Tool / device / platform

Primary learning purpose

Who uses it?

Next review date

Adult approval: ☐ Yes ☐ No

4 TOOL PROFILE

Tool / device / platform

Primary learning purpose

Who uses it?

Next review date

Adult approval: ☐ Yes ☐ No

SAFETY + PRIVACY CHECK

- ☐ Age-appropriate for the learner
- ☐ Protects personal information
- ☐ Has clear parent controls or settings
- ☐ Supports learning instead of replacing thinking
- ☐ Can be explained and used responsibly

FAMILY DECISION

- ☐ Keep
- ☐ Adjust settings
- ☐ Pause
- ☐ Remove



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Weekly Digital Learning Schedule

Plan the time, purpose, tool, checkpoint, and teach-back.

05

BUILD A WEEKLY RHYTHM

Protect learning time, breaks, and device-free time.

DAY	TIME	LEARNING FOCUS	TOOL / RESOURCE	CHECKPOINT + TEACH-BACK
MON				☐ Explained without the device
TUE				☐ Explained without the device
WED				☐ Explained without the device
THU				☐ Explained without the device
FRI				☐ Explained without the device
SAT				☐ Explained without the device
SUN				☐ Explained without the device

DEVICE-FREE TIME

When will screens be put away?

PARENT CHECK-IN

When will we pause and review?

WEEKLY RESET

What will we adjust next week?



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Individual Learning Session Planner

Set a clear goal, use technology with purpose, and finish by explaining the learning.

06

SESSION DETAILS

Learner _____ Date _____ Subject/course _____ Tool/resource _____

MY LEARNING PURPOSE

What do I need to understand, practice, create, or solve?

BEFORE I BEGIN

What I already know:

What I need help understanding:

What success will look like:

DURING THE SESSION

Checkpoint 1 - What is working?

Checkpoint 2 - What needs to change?

Questions or notes:

SET THE P.A.C.E.

PURPOSE

What is the exact goal?

AREA + TIME

Where and how long?

CHECKPOINT

When will I pause?

EXPLAIN

How will I teach it back?

SESSION READINESS CHECK

- ☐ I can state the learning goal.
- ☐ I have the materials I need.
- ☐ I know when I will pause.
- ☐ I know how to ask for help.

FINISH STRONG

What I completed:

Evidence that I met the goal:

In my own words, what I learned:

My next step:

Parent/caregiver check:

☐ Goal met

☐ More practice



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Responsible AI Use Guide

Think first. Use AI second. Explain the final work yourself.

07

THREE NON-NEGOTIABLES

1 ATTEMPT FIRST

Try the task before opening AI.

2 ASK FOR SUPPORT

Request a hint, example, explanation, or feedback.

3 VERIFY ALWAYS

Check important facts with a trusted source.

AI MAY HELP ME

- ☐ Understand a difficult idea
- ☐ Practice with examples
- ☐ Improve work I already created
- ☐ Organize ideas and next steps

AI SHOULD NEVER

- ☐ Do the assignment for me
- ☐ Give answers I cannot explain
- ☐ Invent sources or evidence
- ☐ Receive private information

THE RESPONSIBLE PROMPT FORMULA

MY GOAL	I am trying to understand, create, or solve...
WHAT I TRIED	So far, I have...
THE HELP I NEED	Please give me a hint, example, explanation, or feedback...
MY BOUNDARY	Do not complete the task for me.

PROTECT PRIVACY

- ☐ No names, addresses, or passwords
- ☐ No private photos or documents
- ☐ Use only parent-approved tools

VERIFY BEFORE YOU TRUST

- ☐ Check the original source
- ☐ Compare with another source
- ☐ Ask whether the answer makes sense



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Parent Checkpoint Guide

Coach with questions, not answers, so the learner keeps ownership.

08

PARENT ROLE BEFORE THE SESSION

Set the learner up to begin independently.

- ☐ Ask the learner to state the goal.
- ☐ Agree on when you will check in.
- ☐ Decide what kind of help is welcome.
- ☐ Let the learner begin before stepping in.

MIDWAY COACHING QUESTIONS

Pause briefly. Ask - do not solve.

What are you trying to figure out?

What have you tried so far?

Where did the confusion begin?

What is your next best step?

LISTEN FOR EVIDENCE

The session is complete when the learner can show and explain the learning.

Can the learner explain the main idea?

Can the learner show what was completed?

Can the learner describe how the tool helped?

Can the learner name the next step?

Outcome:

☐ Ready to continue

☐ Needs more practice

☐ Needs adult support

PARENT NOTES

SUPPORT LADDER

Start with the lightest support.

- 1 WAIT** Give the learner time to think.
- 2 ASK** Use a question instead of an answer.
- 3 HINT** Offer one small clue or example.
- 4 MODEL** Show one step, then return ownership.

NEXT SESSION

Next goal

Tool or resource

Date/time



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Student Reflection + Teach-Back

Learning is stronger when the student can explain it in their own words.

09

SESSION DETAILS

Learner	Date	Topic / subject	Tool used
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WHAT I LEARNED

Explain the main idea in your own words.

Most important detail:

One question I still have:

HOW THE TECHNOLOGY HELPED

Describe how the tool supported your learning.

- ☐ Gave me practice
- ☐ Helped me organize ideas
- ☐ Gave feedback
- ☐ Helped me create something

The tool was most helpful when:

TEACH IT BACK

Explain the learning without looking at the screen.

START WITH	The big idea is...
THEN EXPLAIN	This matters because...
GIVE AN EXAMPLE	For example...
CONNECT IT	This reminds me of...

MY CONFIDENCE

- ☐ I need more help
- ☐ I can explain part of it
- ☐ I can teach it clearly

ADULT LISTENER CHECK

- ☐ Explained the main idea
- ☐ Used an example
- ☐ Answered a follow-up question

Adult initials



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Family Progress Review + EduQuencher Next Steps

Celebrate progress, choose the next goal, and add support where it is needed.

10

WHAT WORKED

What became easier, clearer, or more consistent?

WHAT NEEDS SUPPORT

Where is the learner still getting stuck?

OUR NEXT 30-DAY FOCUS

ONE HABIT

What routine will we strengthen?

ONE SKILL

What learning skill needs practice?

ONE SUPPORT

What help will make progress easier?

CONTINUE WITH EDUQUENCHER

When structure is in place, the right support can accelerate progress.

- | | |
|---------------------------------|---|
| 1 AI LAB SUPPORT | Responsible, creative, and effective AI use |
| 2 LIVE HOMEWORK HELP + TUTORING | Real-time academic guidance |
| 3 700+ SELF-PACED COURSES | Flexible skill-building across subjects |
| 4 TEST PREP + FAMILY RESOURCES | Practical support for the next milestone |

OUR FAMILY COMMITMENT

- ☐ Use technology with purpose
- ☐ Ask for help when support is needed
- ☐ Keep building independence

READY FOR THE NEXT STEP?

Connect with EduQuencher to choose the support that best fits your learner.

EXPLORE EDUQUENCHER SUPPORT

EduQuencher.com