

5 Things AI Cannot Do For You

A quiet class discussion with no AI tool in the room. Students reflect on what AI can help with — and what only human relationships, presence, and care can give.

Teacher note

This is the balance page. No AI tool is used in class. No prompt. No chatbot. No generated output. The point is to pause and ask: where does AI belong in a human life?

Keep it wellbeing-positive. This is not anti-technology. It is anti-addiction, pro-human, and reflective.

1 40-minute quiet discussion flow

Teacher-led. Calm pace. No AI in the room.

0–5 min Set the frame

“Today we are not using AI. We are asking what AI cannot replace.”

5–15 min Read the 5 things

Teacher shares the locked balance line slowly. Students sit with it.

15–30 min Class adds more

Students add their own examples of things AI cannot really do for them.

30–40 min Reflect

Students write one boundary for AI in their own life.

☐ Class understands this is a no-AI reflection session.

2 The locked balance line

Read slowly. Do not rush into discussion.

1

Feel proud of you

AI can say “well done.” It cannot actually feel proud.

2

Sit with you in silence

AI can keep chatting. A person can simply be there.

3

Hug you

AI can describe comfort. It cannot hold you.

4

Share a meal

AI can suggest food. It cannot sit across the table and belong with you.

5

Miss you when you're gone

AI can remember text. It cannot miss a person.

QUIET PAUSE

Ask students to choose the one line that feels most true to them. They do not have to share it aloud.

☐ Class read and sat with the five things AI cannot do.

3 **Students add their own**

One board column: "AI can help." Another: "AI cannot replace."

AI can help with...

- (Explaining a difficult idea.
- (Practising interview questions.
- (Making a study plan.
- (Giving a first draft or checklist.

AI cannot replace...

- (A friend who knows your face and mood.
- (A teacher who notices effort.
- (A family meal, joke, apology, or memory.
- (Your own courage, kindness, or responsibility.

Class additions: AI cannot...

Example: AI cannot celebrate with me after a hard day. AI cannot know my neighbourhood like people who live here. AI cannot take responsibility for my choices.



☐ Class added its own examples of what AI cannot replace.

4 **Discussion: what makes these human?**

Choose 3–5 questions. Keep the room safe and calm.

DISCUSSION QUESTIONS

1. Why is “AI can say it” different from “someone can feel it”?
2. What is the difference between attention and care?
3. Why can silence with a real person matter?
4. What should AI help with, but not become?
5. What is one human thing you want to protect in your life?
6. How can AI be useful without becoming the place you go for everything?

TEACHER BOUNDARY

Do not force personal sharing. Students may write privately. If a student becomes upset, treat it as a wellbeing moment, not a debate point.

☐ Class discussed what makes care, presence, and memory human.

5 Set AI in its proper place

AI can be a tool. It should not become your whole support system.

Healthy use

Use AI to understand a topic, then do the learning yourself.

Use AI to practise, plan, or organise.

Ask real people for real care, help, and accountability.

Warning signs

You avoid talking to people because AI feels easier.

You ask AI to decide everything for you.

You spend more time chatting than living, studying, resting, or meeting people.

THOUGHT BULB

AI can answer fast. Humans help you become someone. That is a different job.

☐

Class named at least one healthy boundary for AI use.

6 **Four-page class kit preview**

Use this as a printable reflection structure.

Page 1 • No-AI Setup

Today, no AI

Teacher explains: this is not a tool lesson. It is a balance lesson about what technology cannot replace.

Page 2 • The 5 Things

The balance line

AI cannot: feel proud of you, sit with you in silence, hug you, share a meal, miss you when you're gone.

What stays human?

Students add examples and discuss care, presence, responsibility, friendship, memory, and belonging.

My boundary

Students complete: “AI can help me with _____, but it cannot replace _____.”

7 Exit ticket

End with one personal boundary. It can stay private.

AI can help me with..., but it cannot replace...

AI can help me with _____, but it cannot replace _____.

CLASS CLOSER

AI has a place. So do friends, family, teachers, meals, silence, effort, memory, and love. Do not mix up the jobs.

☐ Students completed the private boundary exit ticket.

Teacher wrap

Final board line: **“Use AI as a tool. Do not ask it to be your life.”**

☐ Class used no AI tool during the session.

☐ Class reflected on what makes care and presence human.

☐ Class ended with one healthy AI boundary.