

Fun ChatGPT Exercises for your Phone

Before We Begin

- Don't upload Social Security numbers, full account numbers, passwords, or private medical details.
 - For medical, financial, or legal topics, use ChatGPT to understand wording, not to replace a professional.
 - For suspicious messages, do not click links. Use ChatGPT to analyze a screenshot or copied text.
 - AI can make mistakes. Always ask yourself: 'How can I verify this?'
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Exercise 1: Bring an Old Family Photo Back to Life

Goal: Upload an old photo, ask ChatGPT to improve it, and save the result back to their phone.

Phone Steps

1. Open the ChatGPT app.
2. Start a new chat.
3. Tap the + button or photo/image icon beside the message box.
4. Choose Photos, Gallery, Camera Roll, or Take Photo.
5. Select an old family photo, wedding photo, school photo, military photo, or childhood photo.
6. Type one of the prompts below.
7. When the new image appears, press and hold the image, then choose Save Image, Download, or Save to Photos.

Prompts to Try

Restore and improve this old family photo. Remove scratches and damage, sharpen faces, and improve clarity while keeping it realistic.

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Colorize this black-and-white photo realistically. Keep skin tones natural and preserve the original feeling of the picture.

Make this faded photo clearer and easier to see, but do not make it look fake.

Sharpen the faces in this photo and improve the lighting.

Remove dust, scratches, stains, and fading from this photo.

Turn this into a clean portrait suitable for printing and framing.

Make this look like a carefully restored museum-quality family photo.

Create a warm, nostalgic version of this photo that still looks realistic.

Improve this photo for sharing with family on Facebook or by text message.

Create a version that would look good as an 8x10 print.

Follow-Up Prompts

Make the result look more natural.

Make the faces a little sharper.

Do not change the person's identity.

Make the colors less bright and more realistic.

Create a second version that looks more vintage.

Make this explanation shorter.

Explain what changes you made like I'm a beginner.

Give me a short caption I can send with this photo to my family.

Write a warm Facebook post to go with this restored photo.

Suggest three good titles for this family photo.

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Extra Things to Try

- Use a photo of parents or grandparents.
- Use a wedding photo.
- Use a military or graduation photo.
- Use a damaged or faded picture.
- Ask for a black-and-white version after colorizing it.
- Ask for a version with a soft background.
- Ask ChatGPT to describe the photo in detail.
- Ask ChatGPT what decade the clothing or hairstyle might suggest, but remind students that AI can guess wrong.

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Exercise 2: Create Wild AI Art From Imagination

Goal: Create fun images from simple words, then learn how details change the result.

Phone Steps

1. Open ChatGPT and start a new chat.
2. Type one of the image prompts below.
3. Wait for the image to appear.
4. Ask ChatGPT to change one thing about the picture.
5. Save the favorite image to the phone.
6. Show the class one image if the student is comfortable sharing.

Funny Image Ideas

Create a picture of a cowboy riding a dinosaur.

Create a cat dressed like a king sitting on a throne.

Create a golden retriever flying an airplane.

Create a raccoon pirate standing on a ship during a thunderstorm.

Create a squirrel wearing sunglasses and driving a tiny convertible.

Create a chicken working as a news reporter.

Create a turtle wearing a top hat and drinking tea.

Create a bulldog as a professional chef making pancakes.

Create a llama wearing a space suit on the moon.

Create a frog playing guitar in a country band.

Create a penguin selling snow cones at the beach.

Create a horse wearing reading glasses in a library.

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More Realistic or Useful Image Ideas

Create a cheerful birthday card with flowers and balloons.

Create a thank-you card with a warm, friendly design.

Create a flyer for a community center computer class.

Create a peaceful lake cabin scene at sunset.

Create a cozy kitchen scene with fresh coffee and morning light.

Create a realistic image of Houston in the year 2050.

Create a travel-poster style image for a trip to San Antonio.

Create a simple poster that says: Keep Learning, Keep Exploring.

Create a friendly image showing people learning computers together.

Create a picture of a garden full of butterflies and bright flowers.

Change-It Prompts

Make it more realistic.

Make it more like a cartoon.

Make it brighter and happier.

Make it look like a movie poster.

Make it look like a watercolor painting.

Make the background simpler.

Add more detail.

Make it less busy.

Make the text larger and easier to read.

Make it suitable for printing on a greeting card.

Create another version with a different style.

Make this image funnier.

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Build-a-Prompt Formula

Have students fill in the blanks:

Create a [thing/person/animal] doing [action] in [place], in a [style] style.

Examples:

Create a dog riding a bicycle in Paris, in a realistic style.

Create a grandmother superhero flying over Houston, in a comic book style.

Create a robot watering flowers in a backyard, in a cheerful cartoon style.

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Exercise 3: AI Solves a Real-Life Problem

Goal: Use ChatGPT to understand something confusing from everyday life.

Phone Steps

1. Choose something confusing: a letter, bill, recipe, text message, email, instruction sheet, or product label.
2. Take a clear photo with the phone camera. Fill the screen with the document and use good lighting.
3. Open ChatGPT.
4. Tap the + button or photo/image icon.
5. Upload the picture.
6. Ask one of the questions below.
7. Ask at least one follow-up question.

Basic Help Prompts

Explain this in plain English.

Summarize this document.

What does this mean?

What are the most important parts?

What should I do next?

Make this explanation shorter.

Explain this like I'm a beginner.

Explain this without technical words.

Give me a simple checklist based on this.

Tell me what questions I should ask before responding.

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Scam and Safety Prompts

Is this a scam? What warning signs do you see?

Does this text message look suspicious?

Should I click this link? Explain why or why not.

What information is this message trying to get from me?

Rewrite this in plain English and tell me if it sounds legitimate.

What should I do safely instead of replying to this?

Writing Help Prompts

Write a polite reply for me.

Make this reply shorter and friendlier.

Make this sound firm but still polite.

Write a text message response in simple language.

Write an email asking for clarification.

Write a phone script so I know what to say when I call.

Make this sound less angry.

Make this sound more professional.

Recipe and Household Prompts

Turn this recipe into a simple shopping list.

Scale this recipe for two people.

Replace the ingredient I do not have.

Make this recipe easier for a beginner cook.

Explain these cooking instructions step by step.

Create a checklist from these instructions.

Convert this into large-print instructions.

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Good Follow-Up Questions

What is the one thing I should pay attention to first?

What does that word mean?

Can you give me an example?

Can you make that even simpler?

What could go wrong if I ignore this?

What should I not do?

Give me three choices.

What would be the safest next step?