



Watch One Video and Try One Thing



Watch AI Made Simple for Seniors on YouTube. Use this optional sheet to keep one useful idea and choose a small next step. It works with any episode or app demonstration.

1 Choose a video on YouTube

What sounds good today? Circle one: staying safe / everyday help / a little fun.

Video title

A moment to replay (optional time in the video)

2 Pick one thing to try

Keep it small: practice checking a suspicious text, try a tool Gay demonstrated, or explore something that makes you smile. You can pause and replay the video.

My one small step

3 Notice what happened

Circle one: it worked / I want another try / this tool is not for me.

What helped, or where I got stuck

You can stop here. If you want another video, open the channel's Playlists tab and choose an available collection. Watch at your own pace.

Open the YouTube channel

Browse YouTube playlists

youtube.com/@AIMadeSimpleForSeniors