

The P.L.A.Y Method™ — Parents Handout

v1.0 · 28 Oct 2025 · 5-minute bedtime creativity (Ages 4–7)

Use this simple nightly loop to help your child spot real snags, try playful perspectives, make one small change

P — Pinpoint (1-2 min)

Two-Minute Snag Scan™. Ask: “Where did you pause today?” Adults can keep a 3-Dot Snag Log™.

L — Lens (1 min)

Lens Sprint™. Pick a viewpoint and flip it. Write one sentence from that lens.

A — Alter-3 (1-2 min)

Choose one: Remove 1 • Replace 1 • Reorder 1. Tiny edits beat big overhauls.

Y — Yield (1 min)

10-Minute Yield Check™: Ship a tiny ending (30s voice note). Did they open / react / ask?

Bedtime Prompts

- What slowed you down today?
- If your backpack could talk, what would it say?
- What if the rules were opposite for 60 seconds?
- What would our cat/plant/robot suggest?
- Where did you help someone today?

5-Night Starter Plan

- Mon: Kid lens + Remove 1
- Tue: Customer lens + Replace 1
- Wed: Opposite-day lens + Reorder 1
- Thu: AI-as-teammate lens + Remove 1
- Fri: Favorite combo + record 1-min story

How to Use Tonight

- 1) Ask one prompt to Pinpoint a snag.
- 2) Pick one Lens and write a single sentence from that viewpoint.
- 3) Choose one Alter-3 (Remove / Replace / Reorder).
- 4) Record a 30-second ending. Check signals: open / react / ask.

Printable Templates

Use these boxes to jot notes with your child. Reprint as needed.

3-Dot Snag Log™ (Today's date: _____)

Lens Sprint™ (Kid / Customer / AI-as-team)

Alter-3™ — Choose one: Remove 1 / Replace 1 / Redo 1

Redo Minute Yield Check™ — Signals (open / closed)

Tip: Keep it short. Tiny wins, repeated nightly, build confidence and skill.