



NeuroBreath Reward Cards

Prompt Engineering - Compact 3-up Edition

Copy-ready prompts + NeuroBreath builder pack (games, progress, rewards, teacher mode).

Calm, neuro-inclusive tone

Low cognitive load.
Supportive language.
Optional rewards.

Reliable outputs

Clear constraints, output formats, and quality checks.

Future-proofed for apps

Local-first now; ready for backend + Flutter later.



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Prompt Engineering - compact 3-up edition (Focus Garden palette)

Index

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99 cards • grouped for fast lookup • 3 cards per page (default)

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Tip: For best results, copy one card, run it once, then refine with the 'Quick tweaks'.



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Quick Ref

Quick Reference: Prompt Structure

Use this scaffold when you want consistent results across ChatGPT and other AI tools.

The 7-line scaffold

- 1) ROLE: who the AI is acting as
- 2) GOAL: what success looks like
- 3) CONTEXT: key facts + constraints
- 4) INPUTS: what you will provide
- 5) OUTPUT FORMAT: exact structure (table/JSON/checklist)
- 6) QUALITY BAR: what to check + what to avoid
- 7) TONE: calm, supportive, plain English

Example (copy and edit)

ROLE: You are a neuro-inclusive coach and planner.
GOAL: Create a 7-day calm routine with breathing + focus practice.
CONTEXT: I have low energy days; keep tasks 2-5 minutes.
INPUTS: Age group = adult, preferred tools = 4-7-8 + Focus Garden.
OUTPUT FORMAT: A table with Day, Micro-goal, Steps, Encouragement.
QUALITY BAR: No shame language. Offer options. Use plain English.
TONE: Calm, practical, encouraging.



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Section

Start Here

How to use the cards

What you will get

- A simple prompt structure that works across AI tools
- Fast quality upgrades (clarify, constrain, test)
- Safe language for wellbeing content

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



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[Start Here](#)

[START HERE](#)

How to use these cards

NB-001

A NeuroBreath edition of practical prompt engineering cards.

Use when:

you want reliable results and fewer back-and-forth messages

Prompt:

- 1) Copy one card prompt into your AI chat.
- 2) Replace [brackets] with your details.
- 3) Run it once, then answer the AI's clarifying questions.
- 4) Ask for 2-3 alternatives, then choose and refine.
- 5) Save your best version as a reusable template.

Quick tweaks:

- If you want a specific format (JSON, table, checklist), state it upfront.
- If quality matters, ask the AI to show assumptions and ask questions before drafting.
- For sensitive topics (health, mental health), request cautious, non-clinical guidance and signposting.



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Section

Prompt Engineering Essentials

High-leverage prompt patterns

What you will get

- Generate diverse options without repetition
- Make outputs consistent with format contracts
- Improve accuracy with assumptions and checks

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



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Prompt Engineering Essentials

PROMPT ESSENTIAL

Divergent options generator

NB-003

Nine foundations that make almost any prompt work better.

Use when:

you need ideas, strategies, titles, names, or solution paths

Prompt:

```
Give me [N] genuinely different options for: [your goal].
```

Constraints:

- Audience: [who]
- Tone: [calm / playful / professional]
- Must include: [requirements]
- Must avoid: [no-go list]

For each option, include:

- 1) One-line summary
- 2) Why it fits the audience
- 3) Risks / trade-offs
- 4) Next step to implement

Quick tweaks:

- Ask for at least one conservative option and one bold option.
- If you will choose one, ask the AI to rank by impact vs effort.



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Prompt Engineering Essentials

NB-004

PROMPT ESSENTIAL

Persona anchor

Persona anchor A role makes outputs more consistent and expert-like.

Use when:

you want the AI to think like a specialist

Prompt:

Act as a [role] with [years] experience in [domain].

Your priorities:

- [priority 1]
- [priority 2]
- [priority 3]

Task:

[what you want]

Before you answer:

- List any missing information you need.
- State your assumptions clearly.

Quick tweaks:

- Add constraints that matter in your world (UK, NHS-style tone, accessibility, etc.).
- If you want citations, request them explicitly and specify the source types.

NB-005

PROMPT ESSENTIAL

Voice & reading-level dial

PROMPT ESSENTIAL Voice & reading-level dial Control tone and complexity for your audience.

Use when:

you need content for children, parents, teachers, or professionals

Prompt:

Rewrite the following for [audience] at [reading level].

Tone: [supportive / clinically-trustworthy / friendly]

Length: [short / medium / long]

Style rules:

- Use short sentences.
- Avoid jargon (or define it once).
- Use UK English.

Text to rewrite:

[PASTE TEXT]

Quick tweaks:

- For neurodivergent readers, ask for headings, spacing, and bullet points.
- For scripts, request natural spoken phrasing and pauses.



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Prompt Engineering Essentials

PROMPT ESSENTIAL

Output contract

NB-006

Output contract Tell the AI exactly what shape the answer must take.

Use when:

you need predictable structure (great for code, docs, and checklists)

Prompt:

```
Create [deliverable] for: [topic].  
Output must be in this structure:  
1) Summary (max 80 words)  
2) Step-by-step plan (numbered)  
3) Common mistakes (bullets)  
4) A quick checklist  
5) Optional: 3 variations  
Constraints:  
- [time/budget/tools]  
- [accessibility rules]  
- [anything to avoid]
```

Quick tweaks:

- If you want a table, specify the column headers.
- If you want JSON, provide a schema with required fields.

PROMPT ESSENTIAL

Step-ladder prompting

NB-007

PROMPT ESSENTIAL Step-ladder prompting Break one big output into safe, testable steps.

Use when:

the task is complex (product design, multi-page website, long content)

Prompt:

```
We will do this in stages.  
Stage 1: Ask me up to 7 questions to confirm goals and constraints.  
Stage 2: Propose 2 implementation plans (simple vs advanced).  
Stage 3: After I choose, produce the first draft.  
Stage 4: Provide a refinement checklist and wait for my edits.  
Task: [describe the task]
```

Quick tweaks:

- This reduces hallucinations and keeps the work aligned.
- For coding, ask for incremental diffs and test steps after each change.



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Prompt Engineering Essentials

PROMPT ESSENTIAL

Example-led prompting

NB-008

Example-led prompting Show the AI what 'good' looks like, then ask it to match.

Use when:

you want a consistent style across many pages or cards

Prompt:

```
Here is an example of the style I want:  
EXAMPLE:  
[PASTE EXAMPLE]  
Now create: [new item]  
Rules:  
- Match the structure and tone of the example.  
- Do not copy wording; keep it fresh.  
- Keep it within [length].  
- Include [must-have elements].
```

Quick tweaks:

- Give one example only; too many can confuse the model.
- If the example is imperfect, say what to improve.

PROMPT ESSENTIAL

Precision lens

NB-009

PROMPT ESSENTIAL Precision lens Specificity improves accuracy more than longer prompts do.

Use when:

the AI keeps giving generic answers

Prompt:

```
I want [Outcome A], not [Outcome B].  
Use this context:  
- Audience: [who]  
- Scope: [in/out]  
- Success criteria: [how we judge]  
- Constraints: [tools/time/legal/etc.]  
Ask clarifying questions if any requirement is ambiguous, then proceed.
```

Quick tweaks:

- Add measurable targets (word count, time, KPIs, UI constraints).
- Use 'must' and 'must not' for critical rules.



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Prompt Engineering Essentials

PROMPT ESSENTIAL

NB-010

Context pack

Context pack Give the AI the same 'brief' you would give a real collaborator.

Use when:

you need strategy, branding, or multi-step planning

Prompt:

```
You are helping me with: [project].  
Background:  
- Who I am / what I build: [1-2 lines]  
- Target users: [who]  
- Problem we solve: [pain points]  
- Brand tone: [calm, warm, professional]  
- Constraints: [tech stack, deadlines, budget]  
Task:  
[what you want]  
Output: [format + length]
```

Quick tweaks:

- Keep background to the minimum needed to do the task.
- If you have an existing design system, paste tokens or a style guide.



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Prompt Engineering Essentials

PROMPT ESSENTIAL

Delimiters & schema

NB-011

PROMPT ESSENTIAL Delimiters & schema Protect your instructions from being mixed with your input.

Use when:

you paste long text, code, or data and want clean structured output

Prompt:

```
Classify the text between <INPUT> tags and output JSON only.  
Schema:  
{  
  "category": "one of [A, B, C]",  
  "summary": "string",  
  "action_items": ["string"]  
}  
<INPUT>  
[PASTE TEXT]  
</INPUT>
```

Quick tweaks:

- Schemas reduce rambling and make answers machine-readable.
- If the AI violates 'JSON only', tell it to try again with no extra text.



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Section

Prompt Formats

Output contracts and formatting

What you will get

- Tables, JSON, checklists, and templates
- Reusable prompt scaffolds
- Copy-ready blocks for consistent results

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



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Prompt Formats

NB-002

FORMAT

Copy-safe prompt formatting

Copy-safe prompt formatting Keep prompts easy to paste and easy for the AI to parse.

Use when:

your prompt is long, technical, or has many rules

Prompt:

```
Write prompts like this:  
ROLE: [who the AI should be]  
GOAL: [what you want]  
CONTEXT: [facts, links, constraints]  
INPUT: [the raw text or data]  
OUTPUT: [exact format]  
QUALITY BAR: [tests, accessibility, edge cases]  
Then add: "If anything is unclear, ask up to 5 questions before you start."
```

Quick tweaks:

- Use short headings to reduce cognitive load.
- Put code, tables, or long text under INPUT so it is not mixed with instructions.
- When debugging, paste the full error plus the smallest reproducible snippet.



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Section

Roleplay and Personas

Personas that stay professional

What you will get

- Set the role, scope, and boundaries
- Tone control and audience targeting
- Avoiding hallucinations and over-claims

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



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Roleplay and Personas

PERSONA

Expert panel prompt

NB-066

Use roles to unlock better outputs and stronger thinking.

Use when:

you want balanced advice (UX, clinical tone, engineering, education)

Prompt:

Simulate a panel of experts:

- UX designer (neuro-inclusive)
- Front-end architect
- Educator / game designer
- Accessibility specialist

Topic: [what]

Each expert should provide:

- top 3 recommendations
- 1 risk to watch
- 1 quick win I can do today

Finish with a combined action plan.

Quick tweaks:

- Ask the panel to disagree where appropriate (trade-offs are useful).
- Request a 'kid-first' and 'adult-first' variant if needed.



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Roleplay and Personas

PERSONA

Socratic challenger

NB-067

Socratic challenger Pressure-test your ideas without being rude.

Use when:

you want stronger thinking and fewer blind spots

Prompt:

```
Be my Socratic challenger.  
Goal: [what I want]  
Plan: [my plan]  
Ask tough but respectful questions that test:  
- assumptions  
- evidence  
- feasibility  
- ethics and accessibility  
- user impact  
Do not propose a solution until I answer.
```

Quick tweaks:

- Great before committing to a big build.
- Ask for 10 questions max to avoid overwhelm.

PERSONA

Creative muse

NB-068

PERSONA Creative muse Generate fresh creative directions with constraints.

Use when:

you want names, visuals, copy, or campaign ideas

Prompt:

```
Act as a creative director.  
Brand: NeuroBreath (calm, trustworthy, friendly)  
Audience: [who]  
Deliverable: [names/copy/visual ideas]  
Give:  
- 10 concepts  
- 3 moodboard descriptions (no images needed)  
- 3 taglines  
- 1 'signature pattern' we can repeat across the product
```

Quick tweaks:

- Ask for concepts that match your global palette (sage/sky/lavender).
- Request variations for children vs adults.



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Section

Work and Productivity

Get things done, calmly

What you will get

- Planning, prioritisation, and timeboxing
- Emails, messages, and professional writing
- Decision support without overload

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



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Work and Productivity

WORK AND PRODUCTIVITY

NB-023

Use when: you need an email that gets a response without sounding harsh

Clear writing, planning, and decision support - designed for real-world use. WORK Email architect Write emails that are clear, polite, and action-oriented.

Use when:

you need an email that gets a response without sounding harsh

Prompt:

```
Draft an email.  
Context:  
- Recipient: [who]  
- Relationship: [new contact / colleague / client]  
- Goal: [what you want them to do]  
- Key facts: [bullets]  
- Tone: [professional, warm, firm]  
- Length: [short / medium]  
Output:  
- Subject line (3 options)  
- Email body  
- One-sentence follow-up message if they do not reply in 3 days
```

Quick tweaks:

- Ask for a 'firm but respectful' variant if it is a complaint.
- Request UK English spelling and punctuation.

WORK AND PRODUCTIVITY

NB-024

Use when: you have call notes, minutes, or a transcript

Meeting to actions Convert messy notes into decisions and next steps.

Use when:

you have call notes, minutes, or a transcript

Prompt:

```
Turn the notes below into an action summary.  
Output:  
1) Decisions made  
2) Action items (owner + deadline)  
3) Open questions  
4) Risks / blockers  
5) A short update I can paste into Slack/Teams (max 6 lines)  
Notes:  
[PASTE]
```

Quick tweaks:

- If names are missing, ask the AI to use placeholders like [Owner].
- Request a 'client-friendly' version if needed.



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Work and Productivity

WORK AND PRODUCTIVITY

NB-025

Use when: you are overwhelmed and need a prioritised plan

WORK Task matrix prioritiser Get clarity when everything feels urgent.

Use when:

you are overwhelmed and need a prioritised plan

Prompt:

```
I have these tasks:  
[PASTE LIST]  
Sort them into:  
- Do now (urgent + important)  
- Schedule (important, not urgent)  
- Delegate (urgent, less important)  
- Drop (low value)  
Then:  
- Suggest a 2-hour focus block plan for today.  
- Identify the single highest-leverage task and why.
```

Quick tweaks:

- Ask for an energy-aware plan (low/medium/high energy tasks).
- Add constraints like school runs or driving shifts.

WORK AND PRODUCTIVITY

NB-026

Use when: you need a step-by-step SOP for yourself or a team

Checklist builder Turn a process into a repeatable checklist.

Use when:

you need a step-by-step SOP for yourself or a team

Prompt:

```
Create a checklist for: [process].  
Include:  
- Preparation (what to gather)  
- The steps (numbered)  
- Quality checks (what 'done' looks like)  
- Time estimate per step  
- Common mistakes to avoid  
Format: a clean checklist I can print.
```

Quick tweaks:

- Ask for a 'beginner' and 'expert' checklist variant.
- Request a version that fits on one page.



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Work and Productivity

WORK AND PRODUCTIVITY

NB-027

Use when: you need to pitch an idea to a stakeholder

WORK Persuasion draft Write a convincing message without sounding salesy.

Use when:

you need to pitch an idea to a stakeholder

Prompt:

Write a persuasive message.
Audience: [who]
Their likely concerns: [bullets]
My proposal: [what you want]
Evidence I have: [bullets]
Call to action: [what you want them to do next]
Output:
- 3 versions (short, medium, detailed)
- A 1-minute spoken pitch script

Quick tweaks:

- Ask for empathy-first framing: 'what they care about' first.
- Request objections + replies as a mini FAQ.

WORK AND PRODUCTIVITY

NB-028

Use when: you need a strategy for a project, product, or launch

Strategy consultant Get a structured plan with trade-offs and next steps.

Use when:

you need a strategy for a project, product, or launch

Prompt:

Act as a strategy consultant.
Project: [what]
Goal: [measurable outcome]
Audience: [who]
Constraints: [budget, time, tools]
Competition/alternatives: [if any]
Deliver:
- 3 strategy options (lean, balanced, ambitious)
- Risks + mitigations
- Metrics to track weekly
- First 5 actions to start tomorrow

Quick tweaks:

- If you have a website, include SEO and distribution channels.
- Ask for a 90-day roadmap if you want long-term planning.



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Work and Productivity

WORK AND PRODUCTIVITY

NB-029

Use when: you need features, content topics, or product ideas

WORK Idea sprint Generate ideas that are actually usable and scoped.

Use when:

you need features, content topics, or product ideas

Prompt:

```
Run an idea sprint for: [topic].  
Give me 15 ideas that fit:  
- Audience: [who]  
- Time to build: [e.g., 1 day / 1 week]  
- Platform: [web / mobile / video]  
- Tone: [calm / playful / professional]  
For the best 5 ideas, add:  
- MVP scope  
- Why it works  
- First build step
```

Quick tweaks:

- Ask for at least 3 ideas that reuse your existing assets/pages.
- Request one 'wild card' idea for novelty.

WORK AND PRODUCTIVITY

NB-030

Use when: you have an interview, pitch, or assessment

Interview coach Prepare strong answers and reduce anxiety with practice.

Use when:

you have an interview, pitch, or assessment

Prompt:

```
Act as an interview coach.  
Role I am applying for: [role]  
My background: [bullets]  
Job description: [paste key parts]  
Create:  
- 10 likely questions  
- Suggested answers using STAR format  
- 3 smart questions I should ask them  
- A 7-minute rehearsal script
```

Quick tweaks:

- Ask for feedback on your answers and how to shorten them.
- Request an 'if I blank out' rescue line for each question.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Work and Productivity

WORK AND PRODUCTIVITY

NB-031

Use when: you have a message that could be misunderstood

WORK Tone adjuster Rephrase text to be kinder, firmer, or more professional.

Use when:

you have a message that could be misunderstood

Prompt:

Rewrite the text below in 3 tones:

- 1) Warm and supportive
- 2) Neutral and professional
- 3) Firm but respectful

Rules:

- Keep the meaning unchanged.
- Remove blame or sarcasm.
- Make the call-to-action clear.

Text:

[PASTE]

Quick tweaks:

- Ask for a shorter version for WhatsApp.
- If it is sensitive, ask for a conflict-minimising framing.



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Work and Productivity

NB-032

WORK AND PRODUCTIVITY

Use when: you have a draft and want it cleaner

Proofread and upgrade Polish writing while keeping your voice.

Use when:

you have a draft and want it cleaner

Prompt:

Edit the text below.
Do not change the meaning.
Improve:
- clarity and flow
- grammar and punctuation
- structure (headings/bullets)
- reduce repetition
Then provide:
- the improved version
- a short list of the changes you made
Text:
[PASTE]

Quick tweaks:

- Ask for SEO optimisation if it is a web page (title, meta description, H1).
- Request dyslexia-friendly formatting (short lines, clear headings).



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Work and Productivity

WORK AND PRODUCTIVITY

NB-033

Use when: you need to address a problem with someone respectfully

WORK Difficult conversation planner Plan what to say so you stay calm and constructive.

Use when:

you need to address a problem with someone respectfully

Prompt:

Help me plan a difficult conversation.
Situation: [what happened]
Goal: [what you want]
Boundaries: [what you will/won't accept]
Relationship: [colleague, family, client]
Tone: calm and respectful
Output:
- A short opening statement
- 5 key points to cover
- 3 likely reactions and how to respond
- A clean closing + next step

Quick tweaks:

- Ask for a version that works in person and a version for email.
- Request phrases to avoid (to reduce escalation).

WORK AND PRODUCTIVITY

NB-034

Use when: you need new viewpoints for posts, videos, or features

Angle finder Find a fresh angle when your content feels repetitive.

Use when:

you need new viewpoints for posts, videos, or features

Prompt:

Give me 12 angles for content about: [topic].
Each angle must include:
- Target audience
- Hook (one sentence)
- Key takeaway
- One example or story idea
- Suggested title

Quick tweaks:

- Ask for 3 angles for parents, 3 for teachers, 3 for adults, 3 for teens.
- Request 'myth vs reality' and 'step-by-step' angles.



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Work and Productivity

WORK AND PRODUCTIVITY

NB-035

Use when: you want to evaluate an idea, feature, or business move

WORK SWOT in plain English A quick structured analysis without corporate jargon.

Use when:

you want to evaluate an idea, feature, or business move

Prompt:

Do a SWOT analysis for: [idea/project].

Rules:

- Keep each bullet under 12 words.
- Include 3 items per quadrant.
- Then recommend the best next move (one paragraph).

Context:

[brief context]

Quick tweaks:

- Add 'assumptions' if your context is incomplete.
- Ask for a version tailored to UK audiences if relevant.

WORK AND PRODUCTIVITY

NB-036

Use when: you feel stuck between two or more options

Pro-con decision helper Make decisions with clarity, not stress.

Use when:

you feel stuck between two or more options

Prompt:

Help me decide between these options:

- A) [option]
- B) [option]
- C) [optional]

Criteria that matter to me:

- [criterion 1]
- [criterion 2]
- [criterion 3]

Output:

- pros/cons per option
- a recommendation with reasoning
- a 'test' I can run in 48 hours to confirm

Quick tweaks:

- Ask the AI to weight criteria if some are more important.
- Request a 'best case / worst case' snapshot.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Work and Productivity

NB-037

WORK AND PRODUCTIVITY

Use when: you want better problem-solving and less confusion

WORK Second-brain questions Ask the right questions to clarify thinking fast.

Use when:

you want better problem-solving and less confusion

Prompt:

```
I am working on: [topic].  
Ask me 12 high-quality questions that:  
- clarify the real goal  
- reveal constraints and risks  
- identify the smallest viable next step  
- uncover the user perspective  
Do not answer yet. Just ask the questions in a logical order.
```

Quick tweaks:

- Use this before strategy work and before writing long prompts.
- After you answer, ask the AI to summarise your decisions.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Learning and Skills

Learn faster with structure

What you will get

- Spaced practice and retrieval prompts
- Skill breakdown and training plans
- Feedback loops and self-checks

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Learning and Skills

LEARNING

Explain it clearly

NB-038

Understand, remember, and practise with structure.

Use when:

you want to understand a concept fast

Prompt:

Explain [concept] to me like I am [age/level].

Include:

- a simple definition
- 3 everyday examples
- 1 analogy
- 5 key terms (with meanings)
- a 5-question mini quiz (with answers)

Quick tweaks:

- Ask for a '30-second' summary and a 'deep dive' version.
- Request UK examples if that helps you remember.

LEARNING

Study roadmap

NB-039

Study roadmap Turn a topic into a step-by-step learning path.

Use when:

you want a structured plan with resources and practice

Prompt:

Build me a learning plan for: [topic].

Inputs:

- Current level: [beginner/intermediate]
- Time available: [minutes/day]
- Deadline: [date]
- Preferred style: [hands-on / reading / video]

Output:

- Weekly topics
- Practice tasks (projects/exercises)
- Checkpoints to test understanding
- A final mini-project to prove competence

Quick tweaks:

- Ask for a dyslexia-friendly plan: short blocks + repetition + summaries.
- Request a 'minimum' and 'stretch' track.



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Prompt Engineering - compact 3-up edition (Focus Garden palette)

Learning and Skills

LEARNING

Key takeaways extractor

NB-040

LEARNING Key takeaways extractor Pull insights, actions, and questions from any text.

Use when:

you have an article, book chapter, or notes

Prompt:

Summarise the text below.
Output:
1) Key points (max 7 bullets)
2) Practical actions (max 5 bullets)
3) Terms to learn (with short meanings)
4) 3 questions to reflect on
Text:
[PASTE]

Quick tweaks:

- Ask for a 'tweet-length' summary too if you want to remember it.
- Request a flashcard set at the end.

LEARNING

Video or podcast distiller

NB-041

Video or podcast distiller Turn a long recording into a clean study sheet.

Use when:

you watched something and want the essentials

Prompt:

I will paste notes or a transcript from a video/podcast.
Please produce:
- Summary (100-150 words)
- Timestamps (if available) grouped by topic
- 10 key takeaways
- 5 action steps
- A short glossary of terms
Input:
[PASTE]

Quick tweaks:

- If you only have rough notes, ask the AI to infer structure cautiously.
- Request a 1-page printable version.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Learning and Skills

LEARNING

Language practice coach

NB-042

LEARNING Language practice coach Practice speaking with gentle corrections and confidence-building.

Use when:

you want to improve English or another language

Prompt:

```
Act as my language coach.  
Level: [A2/B1/B2/etc.]  
Goal: [conversation / interview / writing]  
Topic: [topic]  
Rules:  
- Ask one question at a time.  
- Correct me politely.  
- Give 2 improved versions of my sentence.  
- Highlight 1 pattern to practise.  
Start by asking me a simple question about the topic.
```

Quick tweaks:

- Ask for short practice (5 minutes) if you get tired quickly.
- Request pronunciation tips using simple mouth cues.

LEARNING

Flashcard maker

NB-043

Flashcard maker Create a compact set you can review daily.

Use when:

you want spaced repetition style learning

Prompt:

```
Create flashcards for: [topic].  
Output format:  
- Term | Definition | Example | Common mistake  
Constraints:  
- 20 cards max.  
- Keep definitions under 18 words.  
- Use simple examples.  
Source (optional):  
[PASTE NOTES]
```

Quick tweaks:

- Ask for 5 'trick cards' that test common misconceptions.
- Request Anki-ready CSV if you use Anki.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Everyday Life and Wellbeing

Supportive, non-clinical help

What you will get

- Routines, stress tools, sleep hygiene prompts
- Motivation and reflection exercises
- Neuro-inclusive language (low pressure)

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-044

Use when: you feel stressed or overwhelmed and want clarity

Practical prompts for daily life - calm, clear, and useful. LIFE Supportive reflection partner A calm, non-judgemental conversation to organise your thoughts.

Use when:

you feel stressed or overwhelmed and want clarity

Prompt:

Be a supportive reflection partner (not a therapist).

My situation:

[describe]

Please:

- 1) Reflect back what you heard (briefly).
- 2) Ask 5 gentle questions to clarify what matters.
- 3) Suggest 3 small next steps I can take today.
- 4) Offer a short calming script I can read aloud.

If my message suggests crisis risk, encourage me to seek urgent local help.

Quick tweaks:

- Keep it practical: small steps beat big advice.
- Ask for trauma-informed, non-triggering language if needed.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-045

Use when: you want meal ideas that fit your budget and preferences

Recipe builder Healthy meals with clear steps and shopping lists.

Use when:

you want meal ideas that fit your budget and preferences

Prompt:

```
Create [N] meal ideas.  
Constraints:  
- Diet: [none/halal/vegetarian/etc.]  
- Time per meal: [minutes]  
- Budget: [low/medium]  
- Equipment: [oven/air fryer/etc.]  
- Allergies: [list]  
For each meal include:  
- Ingredients  
- Step-by-step method  
- Approx calories (rough estimate)  
- Shopping list (combined)
```

Quick tweaks:

- Ask for batch-cooking options if you want to save time.
- Request UK supermarket-friendly ingredients.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-046

Use when: you want a fitness routine you can actually stick to

LIFE Workout planner A realistic plan that respects energy levels and recovery.

Use when:

you want a fitness routine you can actually stick to

Prompt:

Build a workout plan.

Inputs:

- Goal: [fat loss / strength / mobility / stress relief]
- Fitness level: [beginner/etc.]
- Days/week: [number]
- Session length: [minutes]
- Equipment: [none / home / gym]
- Injuries/limits: [list]

Output:

- Weekly schedule
- Warm-up + cool-down
- Progression plan (4 weeks)
- Safety notes

Quick tweaks:

- Ask for a low-impact version if joints are sensitive.
- Request a 'minimum effective dose' plan for busy weeks.

EVERYDAY LIFE AND WELLBEING

NB-047

Use when: you want discount codes or cheaper options for a product/service

Coupon and deals finder (prompt) Use AI browsing tools to search safely and compare offers.

Use when:

you want discount codes or cheaper options for a product/service

Prompt:

Use browsing/search.

Task:

Find current coupons or discounts for: [brand/product] in [country].

Rules:

- Prefer official sites and reputable retailers.
 - Show the date/time you checked.
 - List the deal terms (expiry, exclusions).
 - Provide 3 alternatives if no coupons exist (bundles, student discount, etc.).
- Output: a short table of deals + links.

Quick tweaks:

- If you cannot browse, ask the AI to propose where to look and what to search.
- For safety, avoid sketchy coupon sites and suspicious extensions.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-048

Use when: you want a trip plan with realistic pacing

LIFE Travel planner Build an itinerary that is calm and not overloaded.

Use when:

you want a trip plan with realistic pacing

Prompt:

Plan a trip to [destination] for [days] days.

Inputs:

- Travel style: [relaxed / packed / family-friendly]
- Budget: [range]
- Must-see: [list]
- Accessibility needs: [mobility, sensory, etc.]

Output:

- Day-by-day itinerary with rest breaks
- Food suggestions (3 per day)
- Transport tips
- A packing checklist

Quick tweaks:

- Ask for a 'low sensory load' itinerary variant.
- Request backup indoor activities in case of rain.

EVERYDAY LIFE AND WELLBEING

NB-049

Use when: you need help with a DIY fix (non-dangerous)

Home fix helper Get safe, step-by-step troubleshooting guidance.

Use when:

you need help with a DIY fix (non-dangerous)

Prompt:

Help me troubleshoot this home issue:

Problem: [describe]

What I have tried: [list]

Tools I have: [list]

Photos: [optional]

Please:

- Ask 3 clarifying questions first.
- Give safe step-by-step checks (no risky instructions).
- Tell me when to stop and call a professional.

Quick tweaks:

- Do not attempt electrical/gas work without a qualified professional.
- Ask for an option list: quick fix vs proper fix.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-050

Use when: you want healthier eating without extremes

LIFE Simple nutrition plan A balanced approach with practical habits.

Use when:

you want healthier eating without extremes

Prompt:

Create a simple nutrition plan.

Inputs:

- Goal: [energy / weight / blood sugar support / etc.]
- Preferences: [foods you like/dislike]
- Constraints: [budget/time]
- Typical day: [what you eat now]

Output:

- 5 habit changes (small)
- 3 example day menus
- Shopping list
- Reminder: I should consult a clinician for medical needs

Quick tweaks:

- Ask for protein and fibre targets if you track macros.
- Request meal options that are quick to prepare.

EVERYDAY LIFE AND WELLBEING

NB-051

Use when: you dictated notes and they look messy

Dictation clean-up Turn rough speech-to-text into clean writing.

Use when:

you dictated notes and they look messy

Prompt:

Clean up my dictated text.

Rules:

- Keep meaning unchanged.
- Fix punctuation and paragraphs.
- Turn repeated words into one.
- If something is unclear, mark it as [unclear] instead of guessing.

Text:

[PASTE]

Quick tweaks:

- Ask for a 'formal' and a 'casual' version.
- Request headings if it is a long note.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Everyday Life and Wellbeing

EVERYDAY LIFE AND WELLBEING

NB-052

Use when: you need a translation that sounds natural

LIFE Live interpreter Translate while keeping tone and cultural meaning.

Use when:

you need a translation that sounds natural

Prompt:

Translate this from [language] to [language].

Requirements:

- Keep the tone: [formal/friendly]
- Preserve names and key terms.
- If a phrase is idiomatic, give the closest natural equivalent.
- Provide: (1) natural translation, (2) word-for-word gloss.

Text:

[PASTE]

Quick tweaks:

- Ask for pronunciation help if you will speak it aloud.
- For sensitive messages, request a softer version too.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Technical and Coding

Build and debug with confidence

What you will get

- Bug reports that get real fixes
- Refactors, tests, and safe changes
- Readable code and documentation prompts

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-053

Use when: you need code for a specific task

Reliable prompts for code, debugging, and architecture decisions. TECH Function builder Generate a small, testable function with examples.

Use when:

you need code for a specific task

Prompt:

Write a [language] function that does: [task].

Constraints:

- Inputs: [types]
- Output: [type]
- Edge cases: [list]
- Complexity: [target]

Deliver:

- The function code
- 3 usage examples
- 5 unit tests (or test cases)
- Explanation of edge-case handling

Quick tweaks:

- Ask for TypeScript types or JSDoc if you want stronger safety.
- Request no external libraries unless necessary.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-054

Use when: your code throws an error or behaves oddly

Bug detective Find likely causes and propose fixes with a test plan.

Use when:

your code throws an error or behaves oddly

Prompt:

```
Help me debug this.  
Environment: [browser/node/version]  
Expected: [what should happen]  
Actual: [what happens]  
Error output:  
[PASTE]  
Minimal code:  
```  
[PASTE SNIPPET]
```
```

Deliver:

- 1) Most likely root causes (ranked)
- 2) Fix options (with code)
- 3) How to verify (steps)
- 4) Prevent it in future (lint/tests)

Quick tweaks:

- If the bug is intermittent, ask for instrumentation logs.
- Ask for a minimal diff rather than a full rewrite.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-055

Use when: you inherited code or forgot what something does

TECH Code explainer Understand unfamiliar code without shame or fluff.

Use when:

you inherited code or forgot what something does

Prompt:

Explain this code like a senior mentor.

Code:

```

[PASTE]

```

Output:

- What it does (plain English)
- Key variables and their roles
- Control flow summary
- Potential edge cases/bugs
- One suggestion to improve readability

Quick tweaks:

- Ask for a diagram-like explanation if it helps you learn.
- Request a refactor that preserves behaviour if needed.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-056

Use when: you need to match or extract patterns from text

Regex builder Create a regex plus tests and a plain English explanation.

Use when:

you need to match or extract patterns from text

Prompt:

Create a regular expression for: [pattern].

Examples that should MATCH:

- [example 1]
- [example 2]

Examples that should NOT match:

- [example 1]
 - [example 2]
- Deliver:
- regex (with flags)
 - explanation in plain English
 - 10 test strings with expected results

Quick tweaks:

- Ask for a non-regex alternative if readability matters more.
- Request compatibility for your runtime (JS/Python/etc.).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-057

Use when: you want cleaner, safer, faster code

TECH Code review Get actionable improvements, not vague opinions.

Use when:

you want cleaner, safer, faster code

Prompt:

```
Review this code for quality.  
Focus on:  
- correctness and edge cases  
- performance (only where it matters)  
- accessibility (if UI)  
- security basics (input handling)  
- readability and structure  
Provide:  
1) Top 5 improvements (prioritised)  
2) Suggested refactor (small diffs)  
3) Quick test checklist  
Code:  
```  
[PASTE]
```
```

Quick tweaks:

- Ask the AI to keep all IDs and public APIs unchanged.
- Request a 'minimal change' version first.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-058

Use when: you need README-style docs for a module or page

Docs generator Turn a feature into documentation and a quick start.

Use when:

you need README-style docs for a module or page

Prompt:

Write documentation for this feature.

Inputs:

- Feature name: [name]
- What it does: [short description]
- How to run/test: [steps]
- Config/options: [list]
- Known limitations: [list]

Output:

- Overview
- Setup
- Usage examples
- Troubleshooting
- Future improvements

Quick tweaks:

- Ask for a 1-page 'quick start' version for beginners.
- Request a 'developer notes' section for maintainers.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-059

Use when: you struggle with theory or maths-heavy explanations

TECH Analogy teacher Learn difficult concepts using memorable comparisons.

Use when:

you struggle with theory or maths-heavy explanations

Prompt:

Teach me [concept] using simple analogies.

Rules:

- Avoid jargon unless defined.
- Give 3 analogies from everyday life.
- Give 2 examples and 2 non-examples.
- End with a tiny practice exercise and answers.

Quick tweaks:

- Ask for visuals described in words if you cannot see diagrams.
- Request a dyslexia-friendly version with short lines.

TECH

Technical planner

Turn a feature idea into tasks, files, and acceptance criteria.

Use when: you are building a feature and want to avoid messy scope creep

TECHNICAL AND CODING

NB-060

Use when: you have a prompt but want it shorter, safer, or more structured

TECH Prompt-to-prompt converter Rewrite a prompt for a different model or use case.

Use when:

you have a prompt but want it shorter, safer, or more structured

Prompt:

Rewrite my prompt for better reliability.

My original prompt:

[PASTE]

Requirements:

- Keep the intent.
- Make it more structured (ROLE/GOAL/INPUT/OUTPUT).
- Remove ambiguity.
- Add 3 clarifying questions the AI should ask first.

Return: improved prompt only.

Quick tweaks:

- Ask for 2 versions: short and detailed.
- Request a JSON schema if you need machine-readable output.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-061

Use when: you are choosing tools for a new project

Tech stack chooser (MVP) Pick the simplest stack that still fits the goal.

Use when:

you are choosing tools for a new project

Prompt:

```
Help me choose a tech stack for an MVP.  
Product: [what]  
Users: [who]  
Platforms: [web/mobile/desktop]  
Constraints: [budget, time, skills]  
Must-haves: [offline, auth later, analytics later]  
Output:  
- Recommended stack (why)  
- Alternatives (when to choose them)  
- Risks/lock-in  
- First 3 setup steps
```

Quick tweaks:

- Ask for a 'static-first' option if you want low cost.
- Request a migration path to backend later.

TECHNICAL AND CODING

NB-062

Use when: you want a future-proof path

TECH Tech stack chooser (scaling) Plan for future accounts and analytics without overbuilding today.

Use when:

you want a future-proof path

Prompt:

```
Given my MVP stack: [stack], design a scale path.  
Include:  
- When to add backend and why  
- Auth options and trade-offs  
- Data storage options  
- Analytics options  
- Security and privacy basics  
- Rough milestones (v1, v2, v3)
```

Quick tweaks:

- Ask for GDPR-friendly data minimisation guidance.
- Request a 'no personal data' mode for early versions.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-063

Use when: you want a realistic monthly cost picture

Tech stack chooser (cost check) Avoid surprise bills by estimating costs early.

Use when:

you want a realistic monthly cost picture

Prompt:

Estimate monthly costs for my product.

Assumptions:

- Users: [number]
- Storage: [GB]
- Bandwidth: [GB]
- Emails/notifications: [volume]
- Analytics: [basic/advanced]

Output:

- Cost breakdown per service type
- Low-cost alternatives
- What to monitor to prevent cost spikes

Quick tweaks:

- Ask for a 'free-tier friendly' architecture.
- Request cost ranges (low/medium/high usage).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Technical and Coding

TECHNICAL AND CODING

NB-064

Use when: you want production-ready code with tests and clear steps

TECH Master coding prompt (copy-ready) A reliable template for building or modifying code safely.

Use when:

you want production-ready code with tests and clear steps

Prompt:

```
ROLE: Senior developer.  
GOAL: Implement [feature/fix] in [language/framework].  
CONTEXT: [project constraints, existing files, design tokens]  
INPUT: [code snippets, errors, page list]  
OUTPUT: Provide:  
- files changed (list)  
- exact code (copy-ready)  
- explanation of key decisions  
- how to test locally  
QUALITY BAR:  
- preserve existing behaviour unless specified  
- accessibility and responsiveness respected  
- handle edge cases  
- no placeholder TODOs
```

Quick tweaks:

- Add 'return full file contents' when you need complete files.
- Ask for incremental diffs if you are applying changes manually.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Tools and Systems

Systems thinking prompts

What you will get

- Design simple workflows and templates
- Create SOPs and checklists
- Make your project future-proof

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Tools and Systems

TOOLS AND SYSTEMS

NB-071

Use when: you are deciding which platform to use for a task

Keep your workflow simple, repeatable, and scalable. TOOLS Tool stack checklist A simple way to choose the right AI tool for the job.

Use when:

you are deciding which platform to use for a task

Prompt:

Choose tools by task type:

Writing + reasoning:

- Large language model chat (prompt cards in this PDF)

Coding:

- IDE copilot + code-aware chat
- Linters/tests as the quality guardrail

Design + visuals:

- Image generator (logos, scenes, UI mockups)
- Vector editor for final assets

Audio:

- TTS (narration)
- Speech-to-text (transcription)
- Basic audio editor (cleanup)

Workflow:

- Notes system (templates)
- Automation (scheduled reminders, recurring checks)

Rule: pick the minimum stack that lets you ship.

Quick tweaks:

- For NeuroBreath: prioritise accessibility tools (contrast checker, Lighthouse).
- Keep a prompt library repo so you can reuse prompts across devices.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Tools and Systems

NB-072

TOOLS AND SYSTEMS

Use when: you want a repeatable prompt system for your team or project

Prompt library template Store prompts so your future self can reuse them quickly.

Use when:

you want a repeatable prompt system for your team or project

Prompt:

```
Create a prompt library in a folder with:  
/prompts  
/writing  
/coding  
/design  
/neurobreath-builder  
Each prompt file contains:  
- Name  
- Goal  
- When to use  
- Inputs (placeholders)  
- Output contract  
- Example run  
Now generate 12 starter prompts for my NeuroBreath project.
```

Quick tweaks:

- Ask for Markdown files named with a prefix (01_, 02_, etc.).
- Version your prompts like code; small improvements add up.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Planning Exercises

Mini exercises for clarity

What you will get

- Tiny experiments and gentle challenges
- Design thinking in 5 minutes
- Turn goals into next steps

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Planning Exercises

EXERCISE

Backwards plan builder

NB-021

Two practical drills you can reuse for any goal.

Use when:

you have a project deadline and need an actionable plan

Prompt:

```
Goal: [final outcome]
Deadline: [date]
Time available: [hours/week]
Constraints: [tools, budget, skills]
Work backwards and produce:
- Milestone list (with dates)
- Weekly plan (week 1..N)
- Risk list + mitigations
- The smallest next action I can do today (15 minutes)
```

Quick tweaks:

- Ask for two plans: 'minimum viable' and 'best possible'.
- Request a printable checklist at the end.

EXERCISE

A4 timeline calendar generator

NB-022

A4 timeline calendar generator Create a clean, print-friendly schedule you can stick on a wall.

Use when:

you want a weekly or monthly plan in an A4 layout

Prompt:

```
Create a printable A4 calendar for: [month or weeks].
Inputs:
- Start date: [YYYY-MM-DD]
- Events/tasks: [list with dates]
- My daily focus blocks: [e.g., 06:00-07:00 study]
Output:
- A4 layout with clear headings
- Space for notes each day
- A 'Top 3 priorities' box
- Keep it monochrome-friendly for printing
```

Quick tweaks:

- Ask for both a table version and a bullet version.
- If you use Notion/Sheets, ask for CSV output too.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Advanced Patterns

Power-user techniques

What you will get

- Chain-of-verification and adversarial checks
- Multi-agent role prompts
- Quality bars, rubrics, and test cases

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Advanced Patterns

ADVANCED

Chained prompting (professional workflow)

NB-069

Two patterns that dramatically increase reliability.

Use when:

you want high quality long-form work (guides, specs, code)

Prompt:

```
We will work in a chain:  
1) Clarify: ask up to 7 questions.  
2) Outline: produce a structured outline and stop.  
3) Draft: write section-by-section; wait between sections.  
4) Review: run a quality checklist (accuracy, tone, accessibility).  
5) Final: produce the final version in the requested format.  
Task: [describe]
```

Quick tweaks:

- This is ideal for PDFs, documentation, and multi-page designs.
- Ask for a final 'diff summary' of what changed during refinement.

ADVANCED

Strict output formats

NB-070

Strict output formats Force answers into JSON, tables, or checklists for reuse.

Use when:

you want outputs you can paste into code or a database

Prompt:

```
Return ONLY valid JSON matching this schema:  
{  
  "title": "string",  
  "audience": "string",  
  "steps": [{"label": "string", "details": "string"}],  
  "accessibility_notes": ["string"],  
  "assets_needed": ["string"]  
}  
Task:  
[describe]  
If you cannot comply, return an error object with a reason.
```

Quick tweaks:

- Ask for 'no markdown' when you need pure JSON.
- Add schema fields for your app (badges, streaks, tokens).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Vibe Coding Principles

Fast prototypes, safely

What you will get

- Build in small steps
- Keep IDs and hooks stable
- Low-risk iteration and QA

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Vibe Coding Principles

NB-065

VIBE CODING

Vibe-coding rules (1-5)

A short manifesto for building with AI and keeping quality high.

Use when:

you are using AI to code and want fewer errors

Prompt:

- 1) Start with a tiny, working slice before adding features.
- 2) Keep one source of truth (shared tokens, shared helpers).
- 3) Prefer simple solutions; avoid cleverness unless needed.
- 4) Preserve public interfaces (IDs, data attributes, exported functions).
- 5) Every change needs a quick test path (what to click, what to verify).

Quick tweaks:

- Ask the AI to propose 'minimal diff' changes first.
- If something is risky, implement behind a toggle.

VIBE CODING

Vibe-coding rules (6-10)

Guardrails that keep a codebase maintainable.

Use when: you are expanding to many pages and features



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

NeuroBreath Builder Pack

Turn NeuroBreath into an engaging practice environment

What you will get

- Breathing and focus mini-games (low stimulation)
- Local progress dashboard, badges, coupons, certificates
- Teacher/facilitator mode and campaign content

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-012

NeuroBreath project scan (plan first)

Prompts that help you evolve the site into a calm, gamified practice environment.

Use when:

you want to add new features across many HTML pages without breaking anything

Prompt:

You are a senior front-end architect and UX designer.
I have a multi-page NeuroBreath static site (HTML/CSS/JS).
Task: integrate [feature] across relevant pages.
Process:
1) First, summarise the current structure and shared assets you expect to exist.
2) List risks (IDs, timers, JS hooks, accessibility).
3) Propose a step-by-step implementation plan with file-by-file changes.
4) Stop and wait for approval before writing code.
Constraints:
- Preserve existing IDs and behaviours.
- Use the Focus Garden global palette tokens.
- Client-side only (localStorage is allowed).

Quick tweaks:

- Replace [feature] with: breathing mini-games, progress dashboard, rewards, etc.
- Ask for a simple plan and an advanced plan, then choose.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-013

Breathing mini-game overlay prompt

Breathing mini-game overlay prompt Layer a calm game on top of existing timers (do not replace them).

Use when:

you want game mode on 4-7-8, box breathing, coherent 5-5, SOS-60

Prompt:

Add a new "Play calm game" section to [PAGE].

Requirements:

- Keep existing breathing timer and JS unchanged.
 - Add an optional mini-game overlay:
 - Visual: expanding/contracting orb or bubbles synced to inhale/hold/exhale.
 - Rewards: gentle stars/tokens per completed cycle.
 - No penalties; if timing is missed, guide softly ("Let's try again").
 - Include toggles:
 - Low stimulation (reduced motion)
 - Sound on/off
- Deliverables:**
- Updated HTML section (preserve IDs)
 - Minimal CSS using the global palette tokens
 - Vanilla JS module that listens to the existing timer state

Quick tweaks:

- Ask for keyboard controls (Space to start/pause, Esc to close overlay).
- Require ARIA labels and prefers-reduced-motion support.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-014

Low-stimulation & accessibility guardrails

NEUROBREATH BUILDER Low-stimulation & accessibility guardrails A reusable checklist + code snippets that you can apply everywhere.

Use when:

you want the project to be neuro-inclusive and accessible by default

Prompt:

Audit [PAGE OR COMPONENT] for neuro-inclusion and accessibility.

Check and fix:

- Motion: respects prefers-reduced-motion; animations are optional.
- Sound: never auto-plays; provide mute controls.
- Contrast: meets WCAG AA for body text.
- Focus: visible focus ring; no keyboard traps.
- Language: supportive, non-shaming microcopy.
- Layout: consistent headings, spacing, and predictable buttons.

Output:

- 1) Issues found (with locations)
- 2) Recommended fixes
- 3) Code snippets (CSS + JS)

Quick tweaks:

- Run this on every new mini-game and rewards screen.
- Ask for a 'kid mode' and 'adult mode' copy variant.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

Focus Quest micro-drills

NB-015

Focus Quest micro-drills Build small, calm focus games that reward sustained attention.

Use when:

you want games for focus.html, focus-garden.html, and ADHD focus pages

Prompt:

Design 3 micro-drills for NeuroBreath "Focus Quest".

Constraints:

- Low pressure, no harsh failure states.
- Sessions are 30-180 seconds.
- Clear start fi in progress fi complete states.
- Rewards: stars/tokens + supportive message.

Each drill must include:

- Goal (1 line)
- Interaction (tap/keyboard friendly)
- Low-stimulation variant
- Data to track (time, completion, streak contribution)
- Implementation notes for vanilla JS and localStorage

Quick tweaks:

- Ask for one drill that supports dyslexia-friendly reading practice.
- Ask for one drill designed for anxiety (slower pacing, soothing visuals).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-016

Local progress dashboard (no accounts yet)

NEUROBREATH BUILDER Local progress dashboard (no accounts yet) Define what you track and how you show it, client-side only.

Use when:

you want progress.html and rewards.html powered by localStorage

Prompt:

Create a local-only progress system for a static site.

Track:

- Completed sessions per tool (by page ID)
- Total minutes practised
- Streaks (days with any activity)
- Last 5 activities (timestamp + label)

Deliver:

- 1) localStorage data model (keys + example JSON)
- 2) Badge rules (what unlocks what)
- 3) UI layout for progress.html (mobile-first)
- 4) Pseudocode for read/write helpers (future backend-ready)

Quick tweaks:

- Ask for a 'Reset progress' button with a confirmation dialog.
- Ask for privacy copy: 'Stored only on this device'.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-017

Badges, coupons & printable certificates

Badges, coupons & printable certificates Turn practice into gentle recognition that families and teachers can use.

Use when:

you want rewards that feel motivating but not childish for adults

Prompt:

Design a reward set for NeuroBreath.

Include:

- 8 badges (names + unlock rules + short message)
- 10 non-monetary coupon ideas (family/classroom-friendly)
- 3 printable certificate templates (A4, print CSS)

Constraints:

- Supportive, stigma-free language.
- Works for kids, teens, and adults (offer 2 tone variants).
- Visual style: Focus Garden palette + NeuroBreath logo.

Output:

- Badge list + rules
- Coupon list
- Print-ready HTML/CSS structure for certificates

Quick tweaks:

- Ask for an option to export a certificate as a PDF via browser print.
- Include an 'earned on' date and a space for a parent/teacher signature.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-018

Teacher/parent facilitator mode (simulated)

NEUROBREATH BUILDER Teacher/parent facilitator mode (simulated) A first version that works without a backend.

Use when:

you want a simple group-session workflow from teacher-quick-pack.html

Prompt:

Add a 'Facilitator Mode' concept to NeuroBreath (client-side only).

Features:

- Teacher selects an activity (breathing game / focus drill).
- Generates a simple session code (local only).
- Shows a facilitator screen with:
 - Timer controls
 - 'Mark completed' counters (simulated buttons)
 - End-of-session summary

Deliver:

- UX flow
- Minimal HTML layout
- JS logic (no networking)
- Guidance text for teachers/parents

Quick tweaks:

- Ask for a classroom script in 60 seconds: what to say, when to pause.
- Include a low-stimulation setting for group projection.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-019

Blog campaigns and challenges

Blog campaigns and challenges Make content shareable and build a community feel without accounts.

Use when:

you want blog.html structure + a 30-day calm challenge

Prompt:

Create a content plan for NeuroBreath blog and campaigns.

Deliver:

- 1) Blog categories + tags (simple, future-proof)
- 2) 12 article outlines (title, audience, key points)
- 3) A 30-day calm challenge:

- daily prompts (gentle, optional)
- weekly reflection questions
- badge milestones

Constraints:

- Neuro-inclusive tone, low shame, high agency.
- Each post should include a 1-minute quick start and a printable takeaway.

Quick tweaks:

- Ask for a consistent article template (hero, summary, steps, resources).
- Request UK/teacher-friendly language where relevant.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-020

Web-to-Flutter translation prompt

NEUROBREATH BUILDER Web-to-Flutter translation prompt Prepare each tool as a future mobile feature without rethinking everything later.

Use when:

you want to port a web page/game into a Flutter screen

Prompt:

Convert this web feature into a Flutter implementation plan.

Input:

- Feature name: [e.g., Calm Bubble breathing game]
- Current web behaviour: [describe]
- Assets: [icons, audio, animations]
- Data: [localStorage schema]

Output:

- 1) Flutter screen structure (widgets + state)
- 2) State management choice (simple now, scalable later)
- 3) Animation approach (Ticker/AnimationController)
- 4) Local persistence (SharedPreferences or local DB)
- 5) Accessibility notes (reduced motion, text scaling)

Quick tweaks:

- Ask for a 'MVP first' plan and a 'v2 enhancements' plan.
- Request code skeleton files if you will implement immediately.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-075

Global progress engine (localStorage)

Use when:

you want one shared progress system used by every page and tool

Prompt:

You are a senior front-end architect.

Design a client-side progress engine for a static HTML/CSS/JS site called NeuroBreath.

Requirements:

- Storage: localStorage only (no backend).
- Track: sessions completed, minutes practised, last 5 activities, streaks by day.
- Support multiple tools (breathing, focus, reading, sleep).
- Provide an adapter layer so a future backend can replace localStorage later.

Deliverables:

- 1) A data model (JSON shapes) for userProgress and activities.
- 2) A small JS module API: readProgress(), writeProgress(), logActivity(), getStreak(), getTotals(), resetProgress().
- 3) A merge strategy so upgrades do not wipe old data.
- 4) Example usage code for one breathing page and one focus page.

Quick tweaks:

- Prefer a single storage key and version it (e.g., nb_progress_v1).
- Treat dates as YYYY-MM-DD in the user's timezone.
- Add a "privacy by design" note: no personal data required.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

Badge rules engine

NB-076

Use when:

you want consistent badge awards across pages without duplicate logic

Prompt:

Act as a game economy designer and JavaScript engineer.
Create a badge rules engine for NeuroBreath using local progress data.

Badges (minimum):

- Breathing Starter (first session)
- Breathing Hero (10 sessions)
- Focus Explorer (5 focus sessions)
- Sleep Routine Builder (7-day streak with any sleep tool)
- Consistency Star (3-day streak using any tool)

Rules:

- Badges must be deterministic from stored progress (rebuildable on page load).
- Provide thresholds and friendly award messages (no shame language).

Deliverables:

- 1) A rules table (badgeId, name, criteria, icon key, message).
- 2) JS function: computeEarnedBadges(progress) -> earnedBadges[].
- 3) JS function: getNewlyEarnedBadges(previous, current) -> newlyEarned[].
- 4) Example UI snippet to show an award toast/overlay.

Quick tweaks:

- Store only badge IDs and timestamps earned.
- Always support "low stimulation mode" (no confetti by default).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-077

Reward overlay component (accessible)

Use when:

you want a reusable reward modal/toast that works on every page

Prompt:

You are a senior UX engineer.
Design an accessible "Reward Overlay" UI component for NeuroBreath.

Constraints:

- Vanilla JS only, no frameworks.
- Must be keyboard accessible (focus trap, ESC to close, return focus).
- Must have reduced-motion support.
- Must match a calm design (Focus Garden palette).

Deliverables:

- 1) HTML structure (dialog role + ARIA).
- 2) CSS (calm card, soft border, clear buttons).
- 3) JS functions: showReward({title, message, points, badges[]}), hideReward().
- 4) Example calls from a breathing timer completion event.

Quick tweaks:

- Provide a "Turn off animations" toggle.
- Offer two modes: toast (small) and dialog (full).



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-078

Low stimulation mode pattern

Use when:

you need a consistent way to reduce motion, sound, and visual intensity

Prompt:

Act as an accessibility specialist.

Create a "Low Stimulation Mode" pattern for NeuroBreath that applies across all pages.

Include:

- A global toggle stored in localStorage.
- CSS that reduces animations and removes flashing effects.
- Optional sound/microphone features disabled by default.
- A clear UI location for the toggle (header or settings panel).

Deliverables:

- 1) Suggested CSS class (e.g., .nb-low-stim) and rules (reduce-motion, animation: none).
- 2) JS snippet to persist and apply the setting on page load.
- 3) Short copy for the UI label and helper text.

Quick tweaks:

- Respect the user's OS preference: prefers-reduced-motion.
- Never autoplay audio; require a user click.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-079

Breathing mini-game overlay template

Use when:

you want to add a playful mode without breaking existing timers

Prompt:

You are a front-end architect.
Create a reusable "Practice Game Overlay" for breathing pages.

Must:

- Sit below existing explanations and timers (do not replace).
- Provide a "Play calm game" button that opens the overlay.
- Mirror the existing breathing phases (inhale/hold/exhale).
- Award points on completion and log progress.

Deliverables:

- 1) Minimal HTML block that can be dropped into 4-7-8-breathing.html and box-breathing.html.
- 2) CSS that matches NeuroBreath cards.
- 3) JS outline that reads the existing timer state (or duplicates it safely) without breaking current behaviour.

Quick tweaks:

- Keep IDs stable; add new IDs prefixed nbGame*.
- Add a "Close" button and always return focus.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-080

Mini-game spec: Calm Bubble Breathing

Use when:

you want a simple, soothing breathing game with visual feedback

Prompt:

Act as an educational game designer.
Design "Calm Bubble Breathing" for NeuroBreath.

Gameplay:

- A bubble grows on inhale, pauses on hold, drifts down on exhale.
- After each full cycle, the bubble floats to a "Calm Jar".
- No failure states. Only gentle encouragement.

Constraints:

- Provide low-stimulation mode (no sounds, minimal motion).
- Mobile-first; tap-friendly.
- Use the Focus Garden palette.

Deliverables:

- 1) UI states and animations (plain English + CSS ideas).
- 2) Scoring/points logic (simple).
- 3) Accessibility notes (ARIA, colour contrast).
- 4) A minimal JS pseudocode loop for phases.

Quick tweaks:

- Keep animations slow and optional.
- Provide "visual only" mode for users who dislike sound.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-081

Mini-game spec: Dragon Calm (4-7-8)

Use when:

you want a character-based breathing game that feels premium, not childish

Prompt:

Act as a UX/game designer.
Design "Dragon Calm" for the 4-7-8 pattern.

Concept:

- A friendly dragon's chest rises on inhale, holds gently, and releases a warm glow on exhale.
- Each completed cycle cools the background slightly (calmer scene).
- Rewards: calm stars + a short supportive message.

Deliverables:

- 1) Visual concept and calm colour usage.
- 2) Phase timings mapped to 4-7-8 (with a 60s session mode).
- 3) How to integrate without breaking the existing timer.
- 4) A low-stimulation mode variant.

Quick tweaks:

- Avoid intense cartoon faces; use abstract shapes if needed.
- Provide a 'Skip character' toggle.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-082

Focus Quest: timed attention drills

Use when:

you want focus games that reward sustained attention without punishment

Prompt:

You are an ADHD-friendly game designer.

Create 3 calm "Focus Quest" drills for NeuroBreath (2-5 minutes each).

Constraints:

- No harsh penalties, no loud sounds.
- Provide immediate positive feedback.
- Low-stimulation mode must be available.
- Must work on mobile and desktop.

Deliverables:

- 1) Drill 1: "Spot the target" (gentle scan, slow pace).
- 2) Drill 2: "Steady timer" (stay with a breathing dot while ignoring distractions).
- 3) Drill 3: "Micro-planning" (choose next step, tiny checklist).

For each: rules, UI, reward, accessibility notes.

Quick tweaks:

- Reward effort (time-on-task) not perfection.
- Add optional difficulty scaling, never forced.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-083

Focus Garden upgrade: streak-friendly challenges

Use when:

you want Focus Garden to feel like a daily habit loop

Prompt:

Act as a product designer.
Add a "Daily Focus Seed" to focus-garden.html.

Feature:

- Each day the user picks one micro-goal (2 minutes).
- Completing it grows a plant one step (locally stored).
- Weekly view shows a calm streak and total minutes.

Deliverables:

- 1) UI layout (card + progress ring + streak label).
- 2) LocalStorage keys and data model.
- 3) Micro-goal library (10 examples).
- 4) Copy for supportive feedback messages.

Quick tweaks:

- Provide 'random goal' and 'choose goal' options.
- Keep visuals calm and non-competitive.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-084

Dyslexia Reading Training: rewards without pressure

Use when:

you want reading practice that feels safe and motivating

Prompt:

You are a structured literacy coach and UX designer.
Design a reward loop for dyslexia-reading-training.html.

Requirements:

- Track sessions completed and time spent reading (local only).
- Award badges for consistency and effort.
- Offer printable certificates (optional).
- Avoid shame language; celebrate progress.

Deliverables:

- 1) Badge list and thresholds.
- 2) A 'session complete' message library (10 messages).
- 3) A printable certificate template outline.
- 4) Guidance for parents/teachers (short, practical).

Quick tweaks:

- Avoid tying rewards to speed alone; include accuracy/effort.
- Let users turn rewards off.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

Printable certificates (A4)

NB-085

Use when:

you want a clean print view for badges and certificates

Prompt:

You are a print and web designer.
Create a printable A4 certificate flow for rewards.html.

Constraints:

- Pure HTML/CSS print styles, no server.
- Uses NeuroBreath logo and Focus Garden palette.
- Includes: name field (optional), badge name, date, short affirmation.
- Print button opens a clean print-only view.

Deliverables:

- 1) HTML structure for print view.
- 2) CSS @media print rules (remove nav, maximise content).
- 3) JS that fills fields from localStorage and triggers window.print().
- 4) Accessibility notes.

Quick tweaks:

- Never require a name; allow 'Learner' as default.
- Provide a 'minimal ink' print option.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

Coupon tokens (family/classroom)

NB-086

Use when:

you want non-monetary coupons that motivate without manipulation

Prompt:

Act as an educator and behaviour support specialist.
Design a local-only "Coupon Token" system for NeuroBreath.

Requirements:

- Coupons are ideas like 'Choose the story tonight' or 'Extra 10 minutes play'.
- Users earn tokens from completed sessions.
- Redeeming a token reduces the balance (local only).
- Include a printable coupon sheet.

Deliverables:

- 1) 20 coupon ideas (home + classroom).
- 2) A points-to-token exchange rule (simple).
- 3) UI outline for rewards.html (earn, view, redeem, print).
- 4) Copy that sets expectations (caregiver-approved).

Quick tweaks:

- Make redemption optional and caregiver-led.
- Avoid financial incentives; keep it wellbeing-focused.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

Teacher/facilitator mode (simulated)

NB-087

Use when:

you want a group-session flow without a backend yet

Prompt:

You are designing a teacher mode for a static site.
Create a simulated "Group Session" mode.

Flow:

- 1) Teacher chooses an activity (breathing game).
- 2) Students join on their own devices (no accounts).
- 3) Teacher sees an aggregate completion count (simulated controls for now).

Deliverables:

- 1) A simple teacher page section (teacher-quick-pack.html) describing setup.
- 2) A UI mock: 'Start session' + 'Join code' + 'Completion counter'.
- 3) JS approach for simulation (manual toggles or demo buttons).
- 4) A future backend plan (short) for real join codes.

Quick tweaks:

- Keep wording practical: 'Class session' not 'surveillance'.
- Always allow opt-out and privacy-first guidance.

NEUROBREATH BUILDER

Campaigns & blog integration

NB-088

Use when:

you want recurring challenges that build habits and community

Prompt:

Act as a content strategist and UX writer.
Create a '30-Day Calm Challenge' campaign structure for blog.html.

Deliverables:

- 1) Campaign landing post outline (sections + CTA).
- 2) A daily micro-challenge list (30 items, gentle).
- 3) Badge/certificate tie-in (optional).
- 4) Social sharing copy (non-pushy, inclusive).
- 5) Tag/category structure for future expansion.

Quick tweaks:

- Keep challenges flexible (missed days are OK).
- Offer 'low energy' alternatives each week.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NB-089

NEUROBREATH BUILDER

Prompt library UI for your website

Use when:

you want users to generate high-quality AI prompts directly on NeuroBreath

Prompt:

You are a front-end product builder.

Design a 'Prompt Library' page for NeuroBreath that helps users build perfect prompts.

Requirements:

- Static site, no backend.
- Prompt builder form: role, goal, context, constraints, output format.
- Generates a copy-ready prompt box.
- Includes presets for: breathing plan, focus routine, dyslexia practice, sleep routine.

Deliverables:

- 1) Page layout (HTML sections).
- 2) JS generator function that outputs a formatted prompt.
- 3) localStorage save/load of favourite prompts.
- 4) Accessibility and low-stimulation considerations.

Quick tweaks:

- Add a 'short vs detailed' toggle.
- Include warnings: avoid sharing personal data.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NB-090

NEUROBREATH BUILDER

Accessibility QA prompt for new features

Use when:

you are adding games and dashboards and want a fast audit prompt

Prompt:

Act as a WCAG-minded accessibility auditor.
Review my NeuroBreath page changes and list issues + fixes.

Input:

- I will paste HTML/CSS/JS snippets.

Check:

- Semantic HTML and landmarks
- Keyboard navigation and focus order
- ARIA only where needed
- Colour contrast
- Reduced motion support
- Mobile tap targets
- Screen reader announcements for rewards

Output:

- A prioritised checklist (Critical/High/Medium/Low) with exact fixes.

Quick tweaks:

- Ask clarifying questions if the snippet is incomplete.
- Prefer native elements over ARIA.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-091

Performance & offline stability prompt

Use when:

you want the site to feel fast and reliable on mobile

Prompt:

You are a performance engineer.
Optimise my static NeuroBreath site for fast loading and offline-friendly use.

Constraints:

- Vanilla JS, static hosting.
- Service worker may exist; do not break it.
- Avoid heavy libraries.

Deliverables:

- 1) A performance checklist (images, fonts, caching).
- 2) A safe service worker caching strategy for assets and pages.
- 3) Guidance on cache busting for updates.
- 4) How to test in Chrome DevTools.

Quick tweaks:

- Prioritise Core Web Vitals.
- Avoid caching HTML too aggressively unless you have versioning.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-092

Privacy-first messaging prompt

Use when:

you need reassuring copy explaining local-only storage and user control

Prompt:

Act as a UX writer.
Write a clear 'Your Privacy' explanation for NeuroBreath.

Must:

- Explain localStorage in plain language.
- Confirm no accounts and no cloud storage (for now).
- Explain how to reset/delete data.
- Encourage safe use (avoid personal details).

Deliverables:

- 1) A short version (3-5 lines) for a settings panel.
- 2) A full version for a privacy section on progress.html.

Quick tweaks:

- Keep tone calm and factual.
- Avoid legal jargon; be clear and direct.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-093

Export progress (local JSON) prompt

Use when:

you want users to export their progress to share with a clinician or teacher

Prompt:

You are a front-end engineer.
Add an 'Export Progress' feature to progress.html.

Requirements:

- Export a JSON file from localStorage.
- Include sessions, streaks, badges, last activities.
- Include a warning about personal data and optional name field.

Deliverables:

- 1) JS code to generate and download a .json file.
- 2) UI for export/import.
- 3) Data validation on import.
- 4) A short help note for users.

Quick tweaks:

- Never auto-import; always ask for confirmation.
- Version the export file format.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NB-094

NEUROBREATH BUILDER

Mobile app translation prompt (Flutter)

Use when:

you want a clear plan to migrate web features into Flutter apps later

Prompt:

You are a Flutter architect.
Translate my NeuroBreath web features into a Flutter app roadmap.

Include:

- Breathing timers + game overlays
- Progress tracking and badges
- Rewards + certificates
- Low stimulation mode
- Offline-first storage

Deliverables:

- 1) Suggested Flutter packages (minimal).
- 2) Data layer design (local DB + future cloud).
- 3) UI component map (widgets) matching the web layout.
- 4) Milestone plan (MVP -> v2).

Quick tweaks:

- Prefer simple packages and maintainability.
- Keep accessibility and reduced motion built-in.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-095

Prompt debugging (when AI output is wrong)

Use when:

you want a repeatable way to fix prompts until they work reliably

Prompt:

```
Act as a prompt debugger.  
I will paste: (1) my prompt, (2) the bad AI output, (3) the desired outcome.
```

Task:

- 1) Identify why the model likely failed (missing constraints, ambiguity, overload).
- 2) Propose an improved prompt with an output contract.
- 3) Add 3 'guardrails' to prevent common mistakes.
- 4) Provide a short test plan (3 test cases).

Return only:

- Revised prompt
- Guardrails
- Test plan

Quick tweaks:

- Keep prompts short but specific.
- Use explicit format requests (JSON/table) when precision matters.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-096

Neuro-inclusive tone prompt (supportive language)

Use when:

you want every page message to be encouraging, calm, and non-triggering

Prompt:

You are a neuro-inclusive UX writer.

Rewrite my UI messages for NeuroBreath to be supportive and low-pressure.

Rules:

- No shame or failure language.
- Use plain English, short sentences.
- Validate effort and offer choices.
- Avoid overstimulation (no excessive emojis).

Input:

- I will paste current messages.

Output:

- A table: old text -> improved text -> where used -> notes.

Quick tweaks:

- Provide variants: child-friendly, teen, adult.
- Include 'low energy day' alternatives.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-097

Unified navigation links prompt

Use when:

you need consistent cross-links to new progress/rewards pages across the site

Prompt:

You are a front-end architect.

Add navigation links for progress.html and rewards.html across my NeuroBreath site without breaking existing nav.

Constraints:

- Preserve current IDs and JS hooks.
- Mobile nav must remain keyboard accessible.
- Follow the Focus Garden palette tokens.

Deliverables:

- 1) Where to add the links (header/footer).
- 2) The exact HTML snippet (generic).
- 3) A checklist to apply across all pages safely.

Quick tweaks:

- Prefer one shared header/footer injection script if you already use it.
- Keep link labels short: 'Progress' and 'Rewards'.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NB-098

NEUROBREATH BUILDER

Testing checklist prompt (no regressions)

Use when:

you are adding features and must ensure old pages still work perfectly

Prompt:

```
Act as a QA engineer.  
Create a regression test checklist for my NeuroBreath static site.
```

Scope:

- Breathing timers (4-7-8, box, coherent)
- Existing scripts (app.js, app-478.js)
- New progress tracking (localStorage)
- Reward overlays and print views
- Mobile responsiveness and keyboard navigation

Output:

- A checklist with steps and expected results.
- A 'common failures' list and quick fixes.

Quick tweaks:

- Include tests for Safari and mobile Chrome.
- Include 'clear storage and reload' steps.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

NeuroBreath Builder Pack

NEUROBREATH BUILDER

NB-099

Coupons partner-ready prompt (future)

Use when:

you want a safe path for future discount codes without changing your values

Prompt:

You are a partnership strategist.

Plan a future coupon system for NeuroBreath that is ethical and wellbeing-first.

Constraints:

- No ads overload.
- Clear disclosure.
- Coupons should be optional and helpful (therapy tools, learning resources).

Deliverables:

- 1) Partner categories to target (UK-friendly).
- 2) A policy for what to accept/avoid.
- 3) A UX layout that does not distract from wellbeing tools.
- 4) A staged rollout plan (v1 local-only ideas -> v2 real codes).

Quick tweaks:

- Keep the default experience coupon-free.
- Avoid anything that feels exploitative.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Section

Your Notes

Space for your ideas

What you will get

- Use this page to draft new cards
- Write prompts you reuse often
- Keep your best templates here

Tip: Use low-stimulation mode by default; keep feedback supportive and optional.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Your Notes

YOUR NOTES

Your Notes

NB-073

Your Notes

Two blank cards for your own prompts and planning.

Your Custom Card

Write your own prompt, tweaks, and notes.

YOUR NOTES

Your Notes

NB-074

Your Notes

Two blank cards for your own prompts and planning.

Your Next NeuroBreath Feature

Describe the feature, constraints, and the exact output you want.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Appendix

Printable Calm Coupons (Home + Classroom) — Set A

Non-monetary coupons (caregiver/teacher-approved). Redeem locally and kindly.

COUPON

Choose the story tonight

Date / initial

COUPON

Extra 10 minutes play

Date / initial

COUPON

Pick the family game

Date / initial

COUPON

Skip one small chore

Date / initial

COUPON

Snack helper (choose fruit)

Date / initial

COUPON

Choose the music (15 min)

Date / initial

COUPON

Outdoor walk together

Date / initial

COUPON

Sticker or badge of choice

Date / initial

COUPON

Art time (15 minutes)

Date / initial

COUPON

Pick the bedtime routine step

Date / initial

COUPON

Calm corner setup helper

Date / initial

COUPON

Classroom: line leader

Date / initial

Note: These are ideas, not obligations. Adjust to the learner's needs and energy.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Appendix

Printable Calm Coupons (Home + Classroom) — Set B

Non-monetary coupons (caregiver/teacher-approved). Redeem locally and kindly.

COUPON

Classroom: choose a brain break

Date / initial

COUPON

Classroom: helper badge

Date / initial

COUPON

Classroom: choose reading spot

Date / initial

COUPON

Classroom: extra choice time

Date / initial

COUPON

Write a kind note to self

Date / initial

COUPON

Tea/Water break (5 minutes)

Date / initial

COUPON

Screen break with stretches

Date / initial

COUPON

Choose a calm activity

Date / initial

COUPON

Build a mini playlist

Date / initial

COUPON

Pick a breathing technique

Date / initial

COUPON

Pick tomorrow's micro-goal

Date / initial

COUPON

Choose the reward message

Date / initial

Note: These are ideas, not obligations. Adjust to the learner's needs and energy.



NeuroBreath Reward Cards

Prompt Engineering - compact 3-up edition (Focus Garden palette)

Appendix

Badge Sheet

Visual references for your rewards UI (use as icon labels and print-friendly stickers).



Breathing Starter

First calm session



Breathing Hero

10 breathing sessions



Focus Explorer

5 focus sessions



Sleep Routine Builder

7-day sleep streak



Consistency Star

3-day any-tool streak



Reading Rhythm

3 reading sessions



Calm Collector

5 badges earned



Gentle Return

Came back after a break



Mindful Minute

10 mindful minutes



Stress Reset

Used SOS tools



Supportive Friend

Shared a tip (optional)



Growth Gardener

Focus Garden 7 days

Tip: In low-stimulation mode, swap confetti for this calm badge card.



Certificate of Calm Practice

A print-friendly template for rewards.html (local-only).

This certificate is awarded to

Learner Name (optional)

for steady practice and healthy self-regulation skills.



You showed calm effort. Keep going at your own pace.

Facilitator / Parent / Teacher

Date