



# 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.



## Contents

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

Section	Cards
Start Here	1
Prompt Engineering Essentials	9
Prompt Formats	1
Roleplay and Personas	3
Work and Productivity	15
Learning and Skills	6
Everyday Life and Wellbeing	9
Technical and Coding	12
Tools and Systems	2
Planning Exercises	2
Advanced Patterns	2
Vibe Coding Principles	1
NeuroBreath Builder Pack	34
Your Notes	2

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



## 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.



# 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.



# NeuroBreath Reward Cards

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

Start Here

START HERE

NB-001

## How to use these cards

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.



# 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.



PROMPT ESSENTIAL

NB-003

## Divergent options generator

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.



## PROMPT ESSENTIAL

NB-004

### 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.

## PROMPT ESSENTIAL

NB-005

### 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.





## PROMPT ESSENTIAL

NB-006

### Output contract

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

NB-007

### Step-ladder prompting

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.



## PROMPT ESSENTIAL

NB-008

### Example-led prompting

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

NB-009

### Precision lens

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.



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.



PROMPT ESSENTIAL

NB-011

## Delimiters & schema

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.



# 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.



FORMAT

NB-002

## 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.



# 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.



PERSONA

NB-066

## Expert panel prompt

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.





PERSONA

NB-067

## Socratic challenger

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

NB-068

## Creative muse

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.



# 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.



## 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.



## 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.



## 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.



## 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.



## 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.



## WORK AND PRODUCTIVITY

NB-032

### 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).





## 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.



## 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.



## WORK AND PRODUCTIVITY

NB-037

### 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.



# 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.



## LEARNING

NB-038

### Explain it clearly

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

NB-039

### Study roadmap

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.



## LEARNING

NB-040

### Key takeaways extractor

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

NB-041

### Video or podcast distiller

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.



## LEARNING

NB-042

### Language practice coach

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

NB-043

### Flashcard maker

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.



# 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.





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.



## 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.



## 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.



## 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.



## 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.



## 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.



# 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.



## 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.





## 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.



## 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.



## 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.).



## 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.



## 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.



## 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.



## 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.



## 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).





## 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.



# 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.



## 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.



## TOOLS AND SYSTEMS

NB-072

### 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.



# 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.



## EXERCISE

NB-021

### Backwards plan builder

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

NB-022

### A4 timeline calendar generator

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.



# 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.



ADVANCED

NB-069

## Chained prompting (professional workflow)

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

NB-070

## Strict output formats

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).





# 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.



## VIBE CODING

NB-065

### 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 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 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 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 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 BUILDER

NB-015

### Focus Quest micro-drills

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 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 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 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 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 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 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 BUILDER

NB-076

### Badge rules engine

#### 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 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 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 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 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 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 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 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 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 BUILDER

NB-085

### Printable certificates (A4)

#### 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 BUILDER

NB-086

### Coupon tokens (family/classroom)

#### 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 BUILDER

NB-087

### Teacher/facilitator mode (simulated)

#### 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

NB-088

### Campaigns & blog integration

#### 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 BUILDER

NB-089

### 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 BUILDER

NB-090

### 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 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 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 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 BUILDER

NB-094

### 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 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 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 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 BUILDER

NB-098

### 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 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.



# 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

NB-073

### Your Notes

Your Notes

Two blank cards for your own prompts and planning.

Your Custom Card

Write your own prompt, tweaks, and notes.

YOUR NOTES

NB-074

### Your Notes

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.



## 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.



## 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.





## 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