



## Abstract:

Attention Wallet was developed during a 24-hour PAPA Community Hackathon, where I spent the initial hours conducting in-depth research on human psychology, attention behavior, and digital well-being, followed by rapid design and development of the solution. Alongside coding and building the platform, I also authored two awareness-focused books aimed at guiding children toward healthier and more meaningful activities. The project treats human attention as a valuable currency and encourages mindful digital behavior through a reward-based approach rather than restriction. It evolves into a child-centric ecosystem featuring learning, projects, habits, skills, curiosity, discipline, and awareness modules that redirect screen time into purposeful engagement, promoting conscious attention use and long-term personal growth.

## Live Links:

[Code](#)[Book Level 1](#)[Book Level 2](#)

Vishwanath Karne - Little Steps - PAPA COMMUNITY

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### Problem Statement:

In today's digital environment, attention is constantly consumed—especially among children—withouth awareness or intentional control, leading to poor focus, unhealthy screen habits, and reduced meaningful learning. Most existing digital well-being solutions rely on restriction-based methods that limit usage but fail to build long-term self-discipline or conscious decision-making. The real challenge lies in helping users understand, value, and intentionally invest their attention rather than passively spending it. This problem calls for a child-centric, psychology-driven system that treats attention as a valuable resource and redirects it toward productive, growth-oriented activities.

## **Solution:**

Attention Wallet addresses the problem of unintentional attention consumption by treating attention as a measurable and valuable currency rather than something to be restricted. Built on insights from human psychology and the attention economy, the system tracks how users spend their time and gently nudges them toward conscious choices using a reward-based model. Instead of blocking or limiting access, the platform redirects attention by allowing users to earn, lose, and invest attention tokens based on behavior. This approach helps users—especially children—develop self-awareness, intrinsic motivation, and long-term digital discipline while maintaining a positive and engaging experience.

To implement this vision, the solution evolves into a comprehensive child-focused ecosystem consisting of multiple interconnected features. **LittleCourses** and **LittleProjects** promote structured learning and hands-on exploration, while **LittleAwareness**, **LittleHabits**, and **LittleDiscipline** build mindfulness, consistency, and self-control. **LittleSkills** supports skill development across technical and non-technical domains, and **LittleCuriosity** fuels inquiry-driven learning through engaging explanations. **LittleWorlds** and **LittleWeekends** encourage exploratory and offline-friendly activities, ensuring balanced digital engagement, all unified through a central landing experience. Together, these features transform screen time into purposeful attention investment, enabling healthier digital habits and sustained personal growth.

## **Psychology & Research Insight:**

The design of Attention Wallet is grounded in established principles of human psychology, particularly how attention, motivation, and habits are formed in children. Research shows that restrictive controls often trigger resistance, while reward-based and choice-driven systems encourage intrinsic motivation. By treating attention as a currency, the platform leverages cognitive awareness—making users consciously reflect on where their focus is going—while reinforcing positive behavior through gentle rewards rather than punishment. This aligns with behavioral economics concepts where visibility and feedback influence better decision-making.

Additionally, the solution incorporates habit-formation theory and curiosity-driven learning to sustain engagement without creating dependency. Features are structured around small, achievable actions that promote consistency, self-regulation, and a sense of progress. By redirecting attention toward learning, creativity, and exploration instead of passive consumption, Attention Wallet supports healthier cognitive development and helps children gradually build discipline, focus, and mindful technology usage in a developmentally appropriate and awareness-centered manner.

## **User-Centric Approach:**

Little Steps is designed with a child-first and growth-oriented mindset, recognizing that every user has a unique attention span, learning speed, and curiosity level. Instead of enforcing fixed rules, the platform offers multiple pathways—learning, exploration, habits, creativity, and mindful breaks—so users can engage in ways that suit them best. Slow learners benefit from bite-sized content and gradual progression, while fast learners are supported through advanced projects and deeper challenges, ensuring inclusivity across learning styles.

## Features of Little Steps:

Little Steps is built as a modular ecosystem where each feature addresses a specific aspect of attention, growth, and digital well-being. Instead of isolating learning, habits, or curiosity, the platform connects them into a unified experience that helps users gradually build focus, discipline, and purposeful engagement.

### LittleCourses

LittleCourses is designed to convert passive screen time into structured, meaningful learning. Instead of long or overwhelming lessons, courses are broken into small, easy-to-complete steps that respect a child's limited attention span. The content spans both technical and non-technical domains and adapts to different learning speeds, ensuring inclusivity for slow and fast learners alike. Progress is rewarded based on consistency and focus rather than duration, reinforcing mindful attention usage and encouraging learners to return with purpose rather than compulsion.

The screenshot shows the LittleCourses platform interface. At the top, there are navigation links for 'Ages 5-10', 'Ages 10-15', and 'My Badges'. There are also three circular icons with numbers: 2, 2, and 110. A blue button labeled 'Ages 10-15' is highlighted. Below this, the main title 'Level Up Your Skills' is displayed in a large, bold font. A subtitle reads 'Challenging courses for growing minds. Start coding and master new skills!'.

The interface features a grid of eight project cards, each with a title, icon, description, duration, age range, and a badge icon. The projects are:

- Computer Fundamentals**: Understand what a computer is and how it works. Build your CS foundation here! (Icon: Computer monitor, Duration: 20 min, Age: 10-15, Points: +70)
- Programming Concepts**: Introduction to programming concepts. Learn how code makes things happen! (Icon: Lightning bolt, Duration: 25 min, Age: 10-15, Points: +80)
- Python for Beginners**: Start your Python journey! Learn the most popular programming language step by step. (Icon: Python logo, Duration: 30 min, Age: 10-15, Points: +100)
- Fun Coding Projects**: Build cool projects while learning to code! Practical skills with Coding With Kids. (Icon: Rocket, Duration: 35 min, Age: 10-15, Points: +120)
- Math Mastery**: Level up your math skills with Khan Academy! From fractions to algebra basics. (Icon: Ruler, Duration: 28 min, Age: 10-15, Points: +90)
- Big Science Ideas**: Explore big science concepts with Crash Course Kids! Physics, chemistry, and more. (Icon: Microscope, Duration: 22 min, Age: 10-15, Points: +85)
- History & Critical Thinking**: Learn from TED-Ed animated lessons! History, logic, and big ideas explained. (Icon: Books, Duration: 18 min, Age: 10-15, Points: +75)
- Digital Citizenship**: Stay safe online and be a responsible digital citizen. Essential skills for teens. (Icon: Padlock, Duration: 20 min, Age: 10-15, Points: +70)

### LittleProjects

LittleProjects emphasizes learning by doing, allowing children to apply concepts through hands-on activities and mini projects. These projects promote creativity, logical thinking, and problem-solving while maintaining engagement in a healthy way. By working on tangible outcomes, users experience a sense of accomplishment, which strengthens intrinsic motivation. This feature helps shift attention from endless consumption to active creation, reinforcing the value of focused effort.



## All Projects

22 projects to explore

**Scratch Animation Story**

Create your own animated story with colorful characters and fun movements...

**Scratch Simple Game**

Build a fun catch or maze game that you can play and share with friends!

**Easy Science Experiments**

Make volcanoes erupt and eggs float with simple home experiments!

**Daily Routine Planner**

Design a colorful visual chart to organize your day like a pro!

**Digital Drawing & Coloring**

Learn to create amazing digital art with easy drawing tools!

**Storytelling with Pictures**

Tell amazing stories using pictures and your voice!

**Internet Safety Poster**

Create a poster to teach others how to stay safe online!

**Plant Growth Project**

Watch seeds grow into plants and record your discoveries!

## LittleAwareness:

LittleAwareness focuses on building emotional intelligence and digital self-awareness. It helps users understand their screen habits, attention patterns, and emotional responses to technology. Instead of labeling usage as “good” or “bad,” the feature encourages reflection and conscious choice. Through simple explanations and relatable scenarios, children learn why mindful attention matters, laying the foundation for long-term digital well-being.



## Mental Wellness

Taking care of your mind and emotions

**Stress Control**

Learn simple breathing exercises and mindfulness techniques to calm your mind when things feel overwhelming or scary.

**Mental Hygiene**

Just like we brush our teeth, our minds need care too! Discover how positive thinking and good habits keep your mind healthy.

**Screen Time Control**

Screens are fun, but too much can hurt your eyes and sleep. Learn the 20-20-20 rule and how to balance screen time with play.

**Social Media Awareness**

Understand how social media works, why likes aren't everything, and how to use it in a way that makes you feel good, not bad.

**Focus & Attention**

In a world full of distractions, learn powerful techniques to concentrate better on homework, reading, and important tasks.

**Managing Emotions**

Feeling angry, sad, or anxious is normal! Learn healthy ways to understand and express your emotions without hurting yourself or others.

## LittleSkills

LittleSkills supports the gradual development of real-world abilities, both technical (such as basic computing or logical thinking) and non-technical (such as communication or creativity). Skills are introduced progressively, allowing users to build confidence step by step. This feature reinforces the idea that attention invested in skill-building yields long-term value, helping children associate focus with personal growth rather than instant gratification.

## LittleHabits

LittleHabits is centered around consistency and routine through small, repeatable actions. Instead of promoting drastic behavior changes, it encourages micro-habits that are easy to follow and sustain. By tracking daily progress and reinforcing positive repetition, this feature helps children naturally develop discipline and focus. Over time, these habits strengthen self-control without creating pressure or dependency.

 **LITTLEDISCIPLINE**

Habits HabitBox Daily Tasks Badges

 Behavior & Values



**Listening & Following Instructions**  
Learn the power of listening well



**Patience & Waiting Turn**  
Good things come to those who wait



**Gratitude Practice**  
Say thank you for the good things in life



**Saying Please & Thank You**  
Use polite words every day



**Making Your Own Choices**  
Practice making good decisions



**Handling Disappointment**  
Stay calm when things do not go your way



**Telling The Truth**  
Be honest even when it is hard



**Table Manners**  
Eat politely at the table



**Being Brave**  
Face your fears with courage

 Health & Wellness



**Healthy Eating**  
Fuel your body with good foods



**Daily Exercise**  
Move your body every day



**Personal Hygiene**  
Keep yourself clean and healthy



**Sitting Properly**  
Good posture for a healthy body

## LittleCuriosity

LittleCuriosity taps into a child's natural desire to ask questions and explore the world. It provides engaging explanations for everyday "why" and "how" questions, transforming curiosity into a learning opportunity rather than a distraction. By channeling curiosity into purposeful exploration, this feature reduces mindless scrolling and replaces it with knowledge-driven engagement.

⭐ Learning is an adventure!

# LittleCuriosity

Discover the amazing world around you! Fun answers to your biggest questions, with videos that make learning exciting.

💡 20+ Questions     🚀 Ages 5-15

## What Are You Curious About? 😲

Tap any card to discover the answer and watch fun videos!

All Ages     Ages 5-10     Ages 10-15

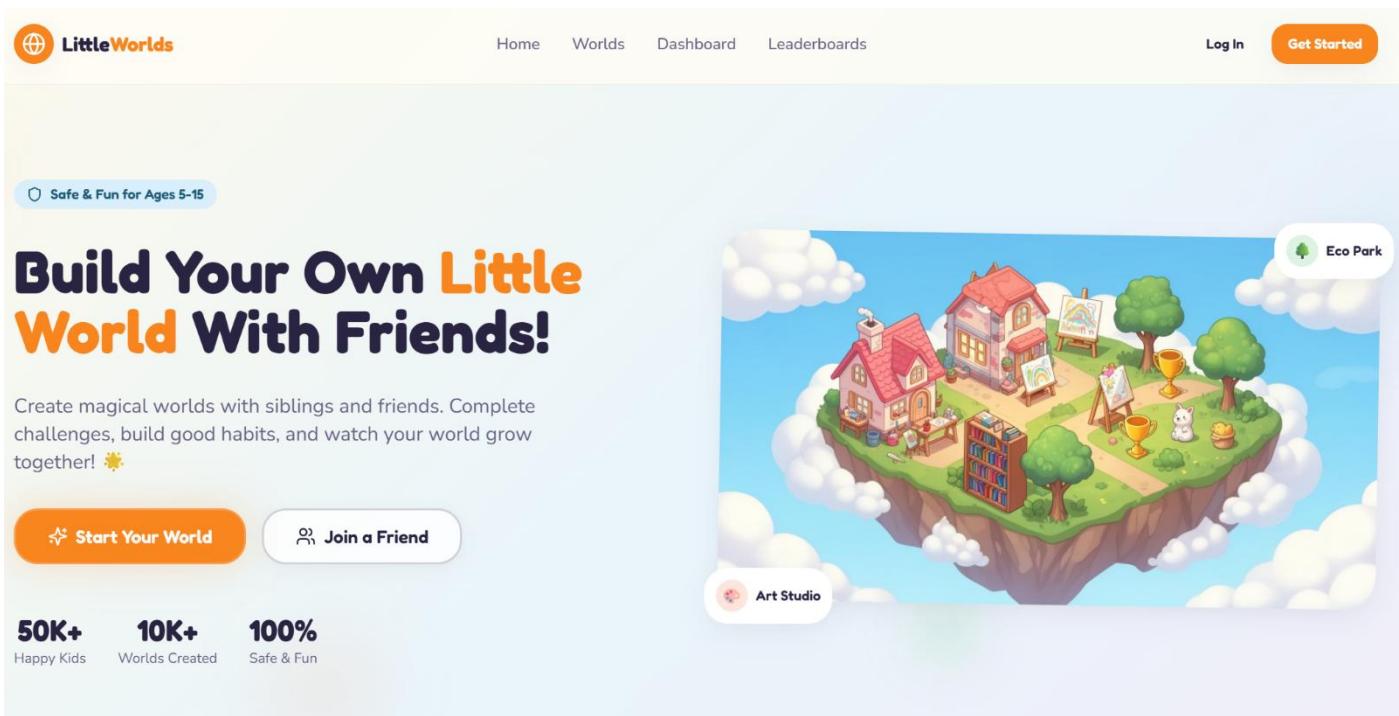
|   |  |  |  |
|---|--|--|--|
| <br>Nature<br><b>Why is the sky blue?</b>       | <br>Space<br><b>Why do stars twinkle?</b>          | <br>Body<br><b>Why do we yawn?</b>                   | <br>Animals<br><b>How do birds fly?</b>      |
| <br>Science<br><b>Why is water wet?</b>         | <br>Body<br><b>Why do we need sleep?</b>           | <br>Nature<br><b>How do plants eat food?</b>         | <br>Animals<br><b>Why do cats purr?</b>      |
| <br>Body<br><b>Why do we have fingerprints?</b> | <br>Science<br><b>Why does ice float on water?</b> | <br>Technology<br><b>How does the internet work?</b> | <br>Science<br><b>Why can airplanes fly?</b> |

## LittleDiscipline

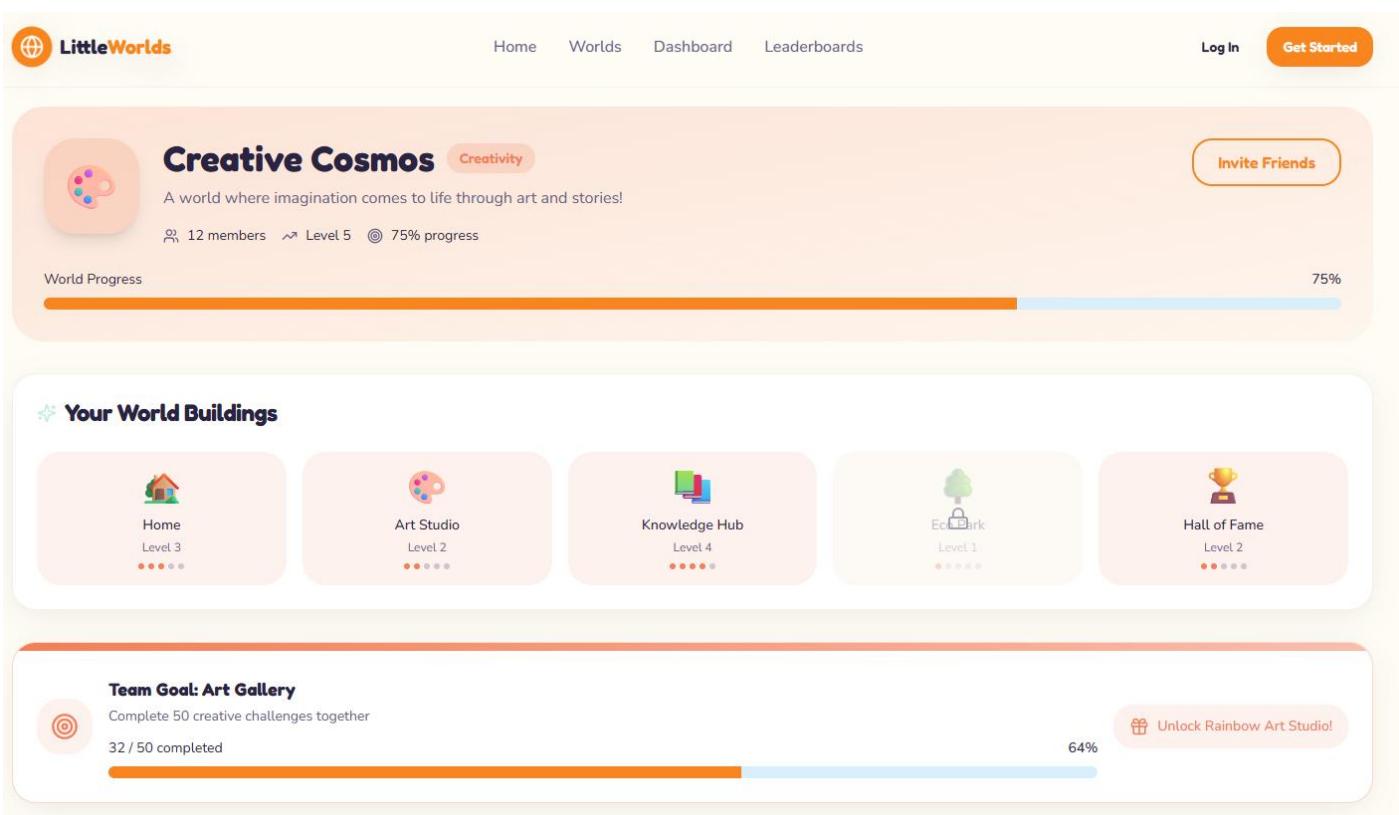
LittleDiscipline introduces the concept of structure in a supportive and non-restrictive manner. It helps children understand routines, responsibility, and intentional decision-making without using fear or enforcement. The feature reframes discipline as a tool for freedom and self-growth, enabling users to manage their time and attention with confidence.

## LittleWorlds

LittleWorlds offers guided exploratory spaces across themes such as science, nature, society, and technology. It encourages broad thinking and discovery while keeping attention focused and meaningful. This feature helps children connect different areas of knowledge and develop a holistic understanding of the world, all within a controlled and mindful digital environment.



The screenshot shows the LittleWorlds homepage. At the top, there's a navigation bar with the LittleWorlds logo, Home, Worlds, Dashboard, Leaderboards, Log In, and Get Started buttons. A blue banner at the top left says "Safe & Fun for Ages 5-15". The main title "Build Your Own Little World With Friends!" is prominently displayed in large, bold letters. Below it, a subtext reads "Create magical worlds with siblings and friends. Complete challenges, build good habits, and watch your world grow together! 🌟". There are two buttons: "Start Your World" and "Join a Friend". Below these are statistics: "50K+ Happy Kids", "10K+ Worlds Created", and "100% Safe & Fun". To the right is a vibrant illustration of a floating island with colorful houses, trees, and art studios.



The screenshot shows the LittleWorlds dashboard. At the top, there's a navigation bar with the LittleWorlds logo, Home, Worlds, Dashboard, Leaderboards, Log In, and Get Started buttons. A world card for "Creative Cosmos" (Creativity) is shown, featuring a profile picture of a palette, 12 members, Level 5, 75% progress, and a "World Progress" bar at 75%. Below this is a section titled "Your World Buildings" with cards for Home (Level 3), Art Studio (Level 2), Knowledge Hub (Level 4), Eco Park (Level 1), and Hall of Fame (Level 2). At the bottom, a "Team Goal: Art Gallery" section shows a progress bar for completing 50 challenges, with 32/50 completed and 64% progress. A button "Unlock Rainbow Art Studio!" is visible.

## LittleWeekends

LittleWeekends promotes balance by encouraging offline, creative, and family-friendly activities during weekends. It helps users apply learning beyond screens and experience joy through real-world engagement. This feature reinforces the idea that healthy digital habits also include knowing when to step away from devices.

The screenshot shows the LittleWeekends website homepage. At the top left is the logo "LittleWeekends" with the tagline "Fun for ages 5-15". At the top right are navigation links: "Home" (highlighted in green), "Activities", and "Coloring". Below the header is a large central title: "Make Every Weekend Little & Magical". A subtext below it reads: "Discover 20+ screen-free activities including drawing tutorials, coloring pages, arts & crafts, and family fun — all with step-by-step guides and video tutorials!". There are two prominent buttons: "Explore Activities" (orange) and "Coloring Pages" (green). Below these are statistics: "20+ Activities", "6 Categories", and "100% Free". The page features various icons for art supplies like paint palettes, scissors, and pencils.

The screenshot shows a grid of eight activity cards on the LittleWeekends website. Each card includes a thumbnail, a "Video Tutorial" button, and a pencil icon. The cards are arranged in two rows of four. The first row contains:

- How to Draw a Cute Cat**: Drawing, easy. Step-by-step guide for beginners. 15 min, Ages 5-10.
- Draw a Magical Unicorn**: Drawing, medium. Create a magical unicorn. 20 min, Ages 6-12.
- Easy Dragon Drawing**: Drawing, medium. Learn to draw a friendly dragon. 25 min, Ages 8-15.
- Beautiful Butterfly Drawing**: Drawing, easy. Create a butterfly. 15 min, Ages 5-10.

The second row contains:

- Relaxing Mandala Coloring**: Coloring, easy. Color mandala patterns. 30 min, Ages 8-15.
- Zoo Animals Coloring**: Coloring, easy. Color zoo animals. 20 min, Ages 5-8.
- Underwater World Coloring**: Coloring, easy. Dive into an underwater world. 25 min, Ages 6-12.
- Ultimate Paper Airplane**: Arts & Crafts, easy. Learn to fold a paper airplane. 10 min, Ages 6-15.

## Overall Impact

Little Steps transforms digital attention from passive consumption into intentional growth. By combining psychology-driven design with learning, habits, curiosity, and discipline, the platform helps children develop healthier relationships with technology. Instead of restricting usage, it empowers users to make conscious choices, resulting in improved focus, self-awareness, and long-term personal development.

## Key Outcomes

- Increased awareness of attention usage
- Healthier digital habits without force or restriction
- Balanced learning, creativity, and exploration
- Improved focus, discipline, and intrinsic motivation
- Positive redirection of screen time into meaningful activities

## Innovation & Uniqueness

Little Steps stands out by:

- Treating attention as a **valuable resource**, not a problem
- Using **redirection over restriction**
- Designing an ecosystem specifically for **children and learners**
- Integrating psychology, learning, and real-world balance into one system

## Ethics, Safety & Responsibility

The platform follows a child-first, ethical design approach:

- No addictive loops or dark patterns
- No infinite scrolling or pressure-based gamification
- Age-appropriate, awareness-focused content
- Encourages offline balance and real-world engagement

## Future Scope

- Personalized learning paths based on behavior
- Advanced analytics for attention insights
- Parent/mentor dashboards

- AI-assisted content recommendations (ethically designed)
- Expansion into schools and learning communities

## Conclusion

Little Steps reimagines how technology interacts with human attention by shifting the focus from control to conscious choice. Rather than fighting screen time, it teaches users—especially children—to understand, value, and intentionally invest their attention in learning, creativity, habits, and self-growth. By blending psychological insight with a thoughtfully designed feature ecosystem, Little Steps transforms digital engagement into a positive, purposeful experience.

This project demonstrates that when attention is treated as a resource worth protecting and nurturing, technology can become a guide instead of a distraction. Little Steps is not just a solution for today's digital challenges, but a foundation for building mindful, disciplined, and curious learners who grow step by step in an increasingly connected world.

## Acknowledgement & Support

This project was developed as part of the **PAPA Community Hackathon**, whose initiative and support created an environment for innovation, research, and meaningful problem-solving.

Vishwanath Karne - Little Steps - PAPA COMMUNITY

## Live Links:

-  **Landing Page:** <https://littlesteps-papa.netlify.app/>
-  **LittleCourses:** <https://littlecourses-papa.netlify.app/>
-  **LittleProjects:** <https://littleprojects-papa.netlify.app/>
-  **LittleAwareness:** <https://littleawarness-papa.netlify.app/>
-  **LittleWallet:** <https://littlewallet-papa.netlify.app/>
-  **LittleCuriosity:** <https://littlecuriosity-papa.netlify.app/>
-  **LittleHabbits:** <https://littlehabits-papa.netlify.app/>
-  **LittleWorlds:** <https://littleworlds-papa.netlify.app/>
-  **LittleWeekends:** <https://littleweekends-papa.netlify.app/>