

GUIDE · PUBLIC · 4 MIN

PLAIT Kids

A practice, not a game: a supervised, kid-focused space within a parent's account — children belong before they contribute.

What PLAIT Kids Is

PLAIT Kids isn't entertainment or screen time to fill. It's a reflective practice that helps children pause, wonder, create, and grow — designed for families who want their children to develop awareness, not just consume content.

Children belong before they contribute. Family is where practice begins — children are welcomed into it long before anything is expected of them.

What PLAIT Kids IS

- A reflective practice for growing minds
- A safe space to ask big questions
- A creative outlet for stories and memories
- A gentle structure for building awareness
- A family tool with parental oversight
- A way to notice patterns over time

What It's NOT

- Not a game or entertainment app
- Not unlimited screen time
- Not social media for kids
- Not a substitute for parental engagement
- Not designed to maximize time-on-device
- Not filled with rewards, streaks, or pressure

What Kids Do

A creation side where children wonder, reflect, and express themselves — and an action side where they build habits and take meaningful action.

CREATION

Big Wonder

A safe space for children to ask the big questions. "Why is the sky blue?" "What happens when we dream?" Questions get gentle, age-appropriate responses that spark curiosity.

CREATION

Echo

A gentle check-in practice. "How are you feeling today?" "What made you smile?" Children learn to notice and name their emotions through simple, supportive check-ins.

CREATION

Story

Creative expression through drawings, memories, and imaginative stories. Children capture moments that matter to them and build a personal collection of their inner world.

ACTION

Chores

Simple, actionable items assigned by parents. Children build responsibility by completing daily tasks and checking them off.

ACTION

Missions

Larger goals set by parents that take time and persistence. Missions teach children that meaningful things take sustained effort.

ACTION

Family Events

Family moments and activities to anticipate and remember. Children build a sense of time and create memories together.

PLAIT Kids isn't about tracking performance or creating anxiety about progress. It's about gently noticing patterns over time. When children regularly check in with themselves, they start to recognize **emotional rhythms** ("I feel tired on Mondays"), **what helps them** ("Drawing calms me down"), and **growth over time** ("I used to be scared of that").

This self-awareness becomes a foundation for emotional intelligence that lasts a lifetime.

Guardians & Honesty

PLAIT Kids is a simplified, kid-focused space within the parent's account — separate from the adult interface, and visible to parents. Guardian consent is required, and parents remain part of the practice throughout.

Parent Oversight

- View all Echo check-ins and mood patterns
- See Big Wonder questions (and responses)
- Assign tasks and create missions
- Add family events to the shared calendar
- Review and celebrate completed work

Child Experience

- Age-appropriate interface with playful themes
- Gentle reminders, never pressure or guilt
- Celebration of effort, not just completion
- Their own space for creative expression — visible to parents

PLAIT Kids is included with membership at no additional cost, within a parent's account. Guardian consent and children's participation are covered in the Trust Center.