

# The Invisible Camera Challenge

Game

Skill: Metacognitive Awareness

30–45 Minutes

## RECOMMENDED AGE RANGE

Ages 8–14 — When self-consciousness peaks and kids are old enough to observe their own thinking patterns with some distance.

## WHAT YOU NEED

Phone or tablet with video capability

Timer

Index cards or paper

Pen

## ACTIVITY STEPS

01

**Set the stage:** Explain: "We're going to play a game where sometimes you're being recorded and sometimes you're not — but you won't know which. Your job is to notice what changes in your mind when you think you might be on camera."

02

**Create the challenge tasks:** Write 5 simple physical challenges on index cards: sink 5 basketball free throws, do a silly dance, read a poem out loud, build the tallest card tower in 2 minutes, teach someone a skill you have. Your child picks 3.

03

**Play three rounds:** For each task, set up your phone pointed at them. Sometimes actually record. Sometimes just pretend. Don't tell them which is which until after. They complete the task while you watch the phone screen.

04

**The debrief is the game:** After each round, before revealing if you recorded, ask: "What were you thinking about during that?" "Did you feel different than when you do this alone?" "What did you notice about your thoughts?" Write down their observations.

05

**Reveal and compare:** Show which rounds were actually recorded. Were their feelings different for recorded vs. fake-recorded moments? Often kids discover the thought of being watched changed things more than actual recording.

#### THE DEEPER LESSON

*AI cameras at sports fields don't just record — they create a constant "maybe I'm being watched" feeling. This game helps kids discover that the awareness of possible documentation changes their experience as much as actual recording. By practicing noticing those "camera thoughts," kids build the metacognitive skill to recognize when being watched is affecting them, then consciously choose whether to let it.*

#### CONVERSATION STARTER

*“If you could design an 'off switch' for your brain — something that turns off the part that worries about cameras — when would you use it and when would you leave it on?”*