You've made a fantastic decision to join the 30-Day AI Rescue Plan for Burned-Out Teachers! This program is designed to help you save time, boost your energy, and reignite your passion for teaching by leveraging teacher-friendly AI tools.

Meet Your Guide: Laura from Brainsy.ai

Laura, the creator of Brainsy.ai, has spent over four years developing an AI platform specifically for teachers. Her commitment to building a tool that truly meets teachers' needs means every feature in Brainsy and every lesson in this course is grounded in real classroom experiences and feedback-not theoretical Silicon Valley concepts. This course is all about giving you back time, clarity, and the energy to love what you do.

Reframing Burnout into Control

It's common to feel overwhelmed by the demands of lesson planning, differentiating for diverse learners (SPED, ELL, gifted), grading, and staying creative. But you're not alone, and you're definitely not stuck. This course offers real solutions to real teacher problems, delivered quickly and without unnecessary fluff.

What to Expect: Your 4-Week Transformation

The program is structured into four bite-sized weeks, each focusing on a key area of transformation:

- Week 1: Planning

- Week 2: Differentiation

- Week 3: Grading

- Week 4: Engagement

Each week features short, focused lessons, around 5 minutes each, designed for immediate action.

You'll get clear, practical steps that you can try right away, ensuring you walk away daily with something that saves you time or improves your teaching.

Maximizing Your Learning: Your Personal Suggestion

To get the most out of this plan:

- Don't binge it all at once.

- Watch one video a day, Monday through Friday. This allows you to implement and practice what you learn, making it stick.

- Dedicate a small pocket of time daily-perhaps with your morning coffee or during a planning period-and treat it as your "teacher reset ritual."

- Actively participate. Don't just listen; try it, type it, and use it. Open an AI tool like ChatGPT, copy the prompts, and see the results for yourself.

The goal isn't to learn more, but to provide you with the right system to become an even better teacher.

Your Future as a Teacher

Get ready to become:

- The teacher who plans faster.

- The teacher whose students are genuinely engaged and having fun.

- The teacher who gets their nights and weekends back.

Welcome aboard! Let's get started.

What AI-Powered Teaching Really Looks Like

Reframe AI - It's Not Replacing, It's Empowering

AI-powered teaching doesn't mean you're being replaced. It means you finally have a reliable assistant - one who never gets tired, needs a break, or runs out of ideas. You stay in control, while AI handles the repetitive and time-consuming tasks that weigh you down. This lets you teach creatively, organize effectively, and engage with more clarity.

Real Examples That Bring It to Life

- Paste a single prompt into ChatGPT and get a full, personalized lesson plan in 30 seconds.
- Automatically differentiate for SPED, ELL, and gifted students with just one command.
- Leave school on time, because AI-assisted grading and feedback is already done.

This is not about robotic teaching. It's about saving your mental energy so you can focus on what matters.

Come Back to Life

You're not just tired of lesson plans - you're tired of being alone in it all. AI lifts the mental load: generating templates, scaffolds, and rubrics. With those handled, you can reconnect with what drew you to teaching in the first place:
- Lightbulb moments from students
- Meaningful discussions
- The joy of showing up prepared and proud

Calm Call to Action

If you're feeling overwhelmed and behind - this is your turning point.

The next video will teach you one prompt that can plan your entire week in under 15 minutes.

Let's go. You're not alone anymore.

Create a Full Lesson Plan in Under 5 Minutes

Today we're going to do something that normally takes teachers hours - and we're going to do it in under 5 minutes.

You're going to create a full lesson plan - yes, an actual, usable, copy-paste lesson plan - using AI.

And the best part?

You can do this with any tool you prefer - ChatGPT, Gemini, Claude, Poe, or anything else you've got access to.

Let me show you how.

First, go ahead and open your AI tool of choice.

This isn't about which tool you use. It's about how you ask.

Most teachers open AI and freeze - or type something vague like "make a lesson plan for fractions" and end up with something too generic or too long.

Let's fix that.

Prompt:
"Create a complete [subject] lesson plan for [grade level] on the topic of [insert topic]. Make it 45 minutes long. Include: objective, standards (use Common Core if possible), materials needed,

warm-up activity, direct instruction, student activity, and a wrap-up with an exit ticket. Keep it age-appropriate and engaging."

Example:

"Create a complete 4th grade science lesson plan on the topic of weather patterns..."

AI returns: objective, standards, warm-up, activity, wrap-up - done.

Now go in with the mindset that the first version AI gives you may not be perfect. That's normal.

Think of AI like an assistant. It drafts quickly - you steer it.

Follow-ups to refine:

- Make it more interactive.

- Add a hands-on activity using classroom materials.

- Simplify the language for 4th graders.

- Tighten it to fit 45 minutes.

To personalize it more, try:

- Make it hands-on

- Include a video clip

- Make it engaging for students with ADHD

- Add a real-world connection

- Use items already in a classroom

Speak like a teacher. Don't worry about perfect wording.

Once you're happy, paste it into your planner, Google Doc, or Brainsy.

Use this same prompt weekly. Just change the subject, topic, or grade.

Bonus: Create custom GPTs to remember your preferences.

Before You Go

If this is your first time using AI to plan a lesson, and you're thinking, "Wait - that's it?" YES. That's it.

This is what I wish I had when I was rewriting lessons at midnight.

Tomorrow, we'll turn that lesson into a quiz - with AI doing the heavy lifting.

You're doing amazing. Click into Day 2 when you're ready.

Batch-Plan Your Week: Get Your Sundays Back!

This is the one you've been waiting for, teacher friend!

Let's be honest, those Sundays spent slaving over lesson plans? They eat you alive. You start with coffee and good intentions, and somehow, hours later, you're still stuck on Monday. But not anymore!

The Core Transformation: Your Whole Week in 15 Minutes

Today, we're flipping the script. You're going to learn how to use AI to batch-plan your entire week of lessons in about 15 minutes. That means:

- No overwhelm.
- No blank pages staring back at you.
- No starting from scratch.

This isn't about perfection; it's about getting the heavy lifting done fast so you can channel your energy into what truly matters: teaching!

Step 1: Choose Your Structure & Unleash the Prompt

This method shines when you plan by subject and grade level. Get a rough idea of your topic or standard, then drop it into this magic prompt:

"Create a 5-day lesson plan sequence for [subject] at [grade level] covering the topic of [insert topic].

Batch-Plan Your Week: Get Your Sundays Back!

Each day should include: objective, activity/lesson, and a brief assessment or exit ticket. Format it clearly by day (Monday through Friday). Keep it age-appropriate and aligned to Common Core if possible."

What You'll Get:

You'll instantly receive a beautifully structured breakdown for your entire week, featuring:

- Objectives

- Activities

- Assessments

...all formatted in a way that makes perfect sense for your classroom.

Step 2: Tweak It Fast - Collaborate with Your AI Co-Planner!

This is where your teacher magic comes in! Don't just accept it; shape it to fit your unique style and classroom needs. Try follow-up prompts like:

- "Make this more project-based."

- "Add a Friday review day."

- "Adjust for 90-minute block scheduling."

- "Add links to free online teaching tools."

You're not just planning; you're collaborating with your new AI co-planner!

Batch-Plan Your Week: Get Your Sundays Back!

Step 3: Copy + Customize - Banish the Blank Page!

Once you like what you see, simply copy the plan and drop it into:

- Your physical planner

- Google Docs

- Brainsy (if you're on the platform!)

- Or wherever you organize your week

Highlight the pieces you want to expand on later, and then move on. That daunting blank page? Gone!

Bonus Tip: Batch Multiple Subjects at Once (Elementary Teachers, This Is for You!)

Teaching elementary or prepping across several subjects? Level up your planning with this powerful prompt:

"Create a full week plan for 4th grade covering ELA, math, science, and social studies. Each subject should include one lesson per day with an objective and activity."

BOOM! AI will instantly build a cross-subject weekly map that you can adapt in minutes, not hours.

Final Thought: Take Your Sunday Back!

Batch-Plan Your Week: Get Your Sundays Back!

Planning doesn't have to drain you. You don't need to sacrifice every Sunday, and you absolutely don't have to do it alone.

This is the shift you've been craving. This is where you start working smarter, not harder. This is why this course exists, and it's why Brainsy is being built - because:

- You deserve ease.

- You deserve support.

- You deserve to feel like a confident, creative teacher again.

You showed up. You followed through. Now - go take your Sunday back. You've more than earned it!

Automate Quizzes & Assignments: Goodbye, Test-Writing Stress!

Alright, teacher friend, if you have your lesson plan ready to go, congratulations! Today, we are taking that win and extending it to a task many teachers dread: creating quizzes, worksheets, and assignments. We're going to automate it.

Writing effective questions-multiple choice, short answer, comprehension, open-ended reflections-takes significant time. The good news is you no longer have to build everything from scratch. Today, you'll learn how to let AI handle 90% of the heavy lifting, freeing you to focus on what truly inspires you.

Step 1: Pick Your Tool

This method works seamlessly with any AI tool you prefer, be it ChatGPT, Claude, or Gemini. The specific tool is less important; the prompt is where the magic happens.

Step 2: Use This Prompt

Here is your essential prompt for generating assessments:

"Create a [type: quiz, worksheet, assignment] for [subject] at the [grade level] level, based on the topic: [insert topic]. Include [choose: multiple choice, short answer, true/false, open-ended, or a mix]. Keep it age-appropriate, aligned with Common Core if possible, and format it clearly with an answer key at the end."

Example in Action:

Let's say you just taught 5th-grade science on the water cycle. Your prompt would look like this:

"Create a short quiz for 5th grade science on the topic: the water cycle. Include multiple choice and short answer questions. Make it clear and age-appropriate, and include an answer key."

The AI will deliver a clean, organized assessment, ready for immediate use.

Step 3: Refine It (Optional)

Just like with lesson plans, the AI's output is a first draft. You remain the expert, using the tool for the initial grunt work. If the assessment feels too easy, too long, or doesn't quite match your style, simply converse with the AI as you would a colleague.

Refinement Prompts to Try:

- "Add visuals or diagrams."

- "Include one reflection question."

- "Make it printable with directions at the top."

- "Add some fun wrong answers based on common misconceptions."

You are not doing anything wrong; you are coaching the AI, using it as your partner, not your replacement.

Step 4: Save and Use It

Once your assessment is ready:

- Copy it into your planner.

- Paste it into your LMS or Brainsy.

- Or simply print it and go.

This process will save you at least 30 minutes of writing and formatting time.

Bonus Tip: Make It Self-Grading in Google Forms

Use this prompt:

"Format this quiz for direct copy-paste into Google Forms."

And optionally:

"Add a short explanation after each correct answer for student feedback."

All the prompts used are in your daily download. Just copy, paste, and teach.

Final Thought:

You are preserving your energy for the aspects of teaching you truly love.

So today, here's your action:

- Pick a topic.

- Try the quiz prompt.

- Save what you create.

You are already working smarter.