



presents

# National All Rounder Championship

1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 13**

**Socio Emotional:**

**Embracing No**

**Age: 5 years**



## Activity description

Saying "No" is an important skill to have in life – it does not mean Say "No" to everything but means knowing what is important for yourself and committing to things which are doable & manageable without failing on promises. Yet most people do not have this skill and feel saying "No" will make them look bad.

The child is required to observe self over a few days to realize how frequently does the child get told "No", which are the kind of things to which the child is told "No", which are the things for which child feels bad/sad on being told "No" & which are the things for which the child does not feel bad/sad.

Basis all these observations, the child is required to record a video of self sharing 2 unique experiences when the child was told "No" for something but the child did not feel bad/sad. The child is required to articulate the unique reasons as well for not feeling bad/sad for the experiences. Encourage the child to articulate reasons as more factual & less emotional if the child is not already doing the same.

Record the video at one go. No video editing or part recordings are allowed. Reading/prompts are not allowed. Whenever the child is ready, record the video of the child & submit. Ensure total video length (even for Ex) is less than 90 seconds.

## Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

**M = Master**  
(100%)

The child can share 2 unique experiences & 2 unique reasons for not feeling bad/sad on being told "No"

The child can share 1 unique experience & 1 unique reason for not feeling bad/sad on being told "No"

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can share 1 unique experience for not feeling bad/sad on being told "No"

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

**A = Aspirant**  
(25%)

**NA (Not applicable)**

No submissions or any submission which is irrelevant for the activity.

**50% bonus marks:** If the child securing an M can share 3 unique experiences & 3 unique reasons for not feeling bad/sad on being told "No"

### Expert coach speaks

*Many of us feel compelled to agree to every request, and would rather juggle a million jobs than refuse to help, even if we are left with no time for ourselves. But learning to say no can earn you respect from yourself as well those around you. People struggle to say No for fear of being disliked, criticized, or risking a friendship. But, in reality, the ability to say no is closely linked to self-confidence & self-esteem. Such people tend to rate others' needs more highly than their own. Being unable to say no can make you exhausted, stressed and irritable.*

*Learn to say No & also, know when should you say No & How. These aspects are important for your SQ & EQ.*



### Key benefits of this activity

The activity benefits in many ways:

- Helps understand Yes & No are both acceptable
- Helps manage emotions better
- Reason the logic for something & hence accept it better
- Improves appreciation for “Yes”
- Better self-confidence & self-esteem
- Establishes healthy relationships
- Reduces unhappiness

#### Common mistakes to avoid

- *Don't think No means Bad*
- *Do not take Nos personally but factually*

#### Useful web resources

- [Handling No when someone says No](#)
- [Saying No without being rude](#)
- [TedX talk: Art of saying No](#)
- [Saying No politely](#)
- [Saying No is Hard. Easy tips.](#)

To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**