



presents

National All Rounder Championship

1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 21

Socio Emotional:

Bravery

Age: 15-17 years



Activity description

There are many moments in life where you see something happening in front of you which is not right but you are not BRAVE enough to take the right action to right the wrong. It could be because you think this does not involve you, or some of your friends/acquaintances will see you as a WHISTLE-BLOWER or CRY-BABY, or you feel the person might hurt you. Doing the right thing in such situations is acting brave. And accepting that you did not do the right thing in a certain situation is the first step towards bravery.

The child is required to share 3 instances where the child did not do the right thing. For any 2 of such instances, the child should articulate why did the child not do the right thing – what was the fear on the child's mind which resulted in wrong action by the child. For both the instances, the child should articulate what would the child do to overcome the fear and do the right thing the next time the child faces a similar instance. Encourage the child to think about this activity & ask himself/herself multiple rounds of Why to better understand why the child act in the manner.

The child is expected to speak from memory and not read from anywhere or be prompted anything. Entire video should be recorded at one go & no editing/video merging is allowed. Keep the total length of the video less than 150 seconds. Record the video of the child as instructed & submit.

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 3 instances, reason for wrong action for any 2 instances & how will child overcome fear next time for both instances with appropriate reason

The child can share 3 instances, reason for wrong action for any 1 instance & how will child overcome fear next time for the 1 instance with appropriate reason

I = Intermediate
(80%)

B = Beginner
(50%)

The child can share 3 instances and appropriate reason for wrong action for any 1 instance

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 instances, reason for wrong action for all 3 instances & how will child overcome fear next time for all 3 instances with appropriate reason

Expert coach speaks

Bravery or courage involves making good choices in the face of fear or obstacles.

Bravery doesn't mean fearlessness. It means we do not let fear hold us back from exploring new opportunities, developing our skills, and doing what is right. Courage might look like starting a new school, making new friends, asking for help, trying a new activity, and learning new skills.

Asking for help is not a sign of weakness but sign of strength as it implies the first step towards conquering your fears/struggles.



Key benefits of this activity

The activity benefits in many ways:

- Better personal life
- Lesser regrets
- Teaches risk taking
- Improves faith & belief
- Better ability to handle failure/rejection
- Better & more responsible social behaviour

Common mistakes to avoid

- *Do not define right as what some of your friend/family/relatives think but what is right for society at large; ask yourself would you be okay if the same thing happened to you*
- *Do not articulate reason for not doing the right thing at surface level but dig deep to find out what prompted your wrong action*

Useful web resources

- [Stand up ,speak up](#)
- [Learn how to stand up](#)
- [Meaning of being brave](#)
- [Teach all children \(not just girls or boys\) bravery](#)
- [Stand up for what matters](#)
- [Standing up for yourself & other](#)

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

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