

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

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Activity # 15: Record a video of the child performing Indian traditional dance of choice for 30-sec

7-17 years

Creativity & Imagination



Let the child pick Indian traditional dance forms of interest:

- 7 to 8 years: 1
- 9 to 11 years: 3
- 12 to 17 years: 5

Let the child observe the dance & learn.

Ask the child to perform 30-second long dance performance for each dance form.

Record a 30-second video of the child performing for each dance form.

Submit the video as per guidelines in manual.

www.kid-ex.com

Image source: Pinterest, Fancy

Activity: Record a video of the child performing Indian traditional dance | Creativity & imagination | 7-8 years

Skill development milestone

The child is said to be in the schematic stage. This stage is typical of children between 5 to 8.

Drawings of people become more proportional and more detailed. Colors become more realistic and stereotypical (grass is green, the sky is blue). Skyline and ground lines start to show. Children have a schema about a way of drawing. For example, a house will be drawn the same way in many drawings. Children will often create stories to go along with their drawings.

At this stage, children will be developing skills important for art, including trial and error, patterns, shapes and interpretation.

Child holds onto positive beliefs involving the unexplainable (magic or fantasy). This would reflect in their choice of books, games and play. They also arrive at some understanding about death and dying; expresses fear that loved ones may die. Child learns all letter names and letter sounds for consonants. Learns to decode by identifying sounds for printed letters and synthesizing sounds across letters to form words.

Child is enthusiastic and inquisitive about surroundings and everyday events. The child can carry on adult-like conversations; asks many questions. Child loves telling jokes and riddles; often, the humor is far from subtle. Child experiments with slang and profanity and finds it funny.

Activity description

The child needs to perform any 1 Indian traditional dance form for 30 seconds.

Some of the Indian dance forms can be found here:

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1. [Bihi](#)
2. [Garba 1](#), [Garba 2](#)
3. [Bhangra 1](#), [Bhangra 2](#), [Bhangra 3](#)
4. [Kathak 1](#), [Kathak 2](#), [Kathak 3](#)
5. [Bharatnatyam 1](#), [Bharatnatyam 2](#)
6. [Ghoomar](#)
7. [Kuchipudi](#)
8. [Lavani](#)

Let the child watch the video as part of his/her daily screen time routine and observe the dance moves. Encourage the child to copy the dance steps & match the pace of performance in the video.

When you feel that the child is ready to perform the traditional Indian dance of his/her choice, record a 30-second video of the child for each Indian traditional dance that the child wishes to perform. As a part of this activity, the child is required to perform any 1 dance form.

The video should be submitted as an entry as per submission guidelines.

You may share the video with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. You can record one common video of the child for this activity
2. Keep the total video size less than 20 MB
 - a. Higher resolution camera creates large size video files
 - b. Android users can install & use Camera MX player to record smaller size video files
 - i. Camera MX player can be downloaded from [here](#)
 - c. Iphone users should change resolution setting by going to Settings -> Camera & selecting lowest resolution from "Record Video" option
3. You can upload the video file at <https://www.kid-ex.com/diy-nc>
4. Kindly ensure you have registered for the event for us to assess the submission. If not registered, please visit <https://www.kid-ex.com/diy-reg> to register. New registrations allowed till 30th May.

Self-learning manual

Common mistake and things to keep in mind in this activity are:

1. The child is shy & feels that he/she will come across as funny & hence, not willing to try the activity
2. Child does not remember the steps and is not able to perform
3. Child is not able to match the pace of the music & his/her steps are leading/lagging the music track
4. Child is not in the right mindset while learning

Key coaching tip to excel in this exercise is that let the child look at it as a fun activity. If the child is feeling shy, nervous, low on confidence, you may be a good sport & participate in the same activity to encourage the child to let go of any fears.

Break the exercise into parts. Let the child just pick a step & do without worrying about the music. Once the child has picked up 4-5 such steps, then the child should look at the video & try to match the performing artist' dance. It will make it easier for the child to perform better to the music.

Key benefits of this exercise are:

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- Improved condition of heart and lungs
- Increased muscular strength, endurance, and aerobic fitness
- Better coordination
- Better agility
- Better flexibility
- Healthy blood pressure
- Improved overall balance
- Improved spatial awareness
- Enhances emotional development
- Encourages socialization
- Encourages creativity
- Enhances cognitive development

Entry evaluation guidelines

The maximum point for this activity is 20. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child can perform 1 dance form for 30 seconds and the child does 3 unique steps from the dance form
2. Intermediate (I): 80% score
 - a. The child can perform 1 dance form for 30 seconds and the child does 2 unique steps from the dance form
 - b. The child can perform 1 dance form for 15 seconds and the child does 3 unique steps from the dance form
3. Beginner (B): 50% score
 - a. The child can perform 1 dance form for 15 seconds and the child does 2 unique steps from the dance form
4. Not applicable (NA): 0% score
 - a. All other submission cases
 - b. No submission.

For any queries, you may Whatsapp us at +91-7303755886 or email us at info@kid-ex.com.

About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumni). KidEx aims to create a platform to enable holistic & comprehensive development of every child by partnering with their parents in a logistically convenient manner for the parents. KidEx offers multiple extra-curricular activity classes for kids in physical & digital form (basis screen time guidelines) to enable child's holistic development.

Should you be interested in undertaking any of the classes or knowing more about our offerings, kindly reach out to us at +91-7303755886 (call / WhatsApp) or email us at info@kid-ex.com

KidEx will offer all learning solutions to parents under one umbrella. KidEx would soon launch a suite of digital products aimed at making child-raising easier & more fun for parents.

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Live Classes

Cognitive Development	Physical Development	Language & Communication	Creativity & Imagination
✓ Chess	✓ Yoga	✓ English	✓ Guitar
✓ Science (Class 8 to 10)	✓ Bolly-fitness	✓ Mandarin	✓ Film-Making
✓ Chemistry (Class 11 & 12)		✓ French	✓ Fine Arts (Sketching / Painting)
		✓ German	
		✓ Spanish	

Note: Upcoming classes include Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc.

About KidEx Do-It-Yourself National Challenge

The event is an effort to spread awareness regarding **need for all rounded development of the child**. This is also, designed keeping in mind the current external scenarios where lockdown/no lockdown, social distancing practices would continue & schools/colleges might be shut for a few months which would require parents to find non-screen time learning opportunities for the child while demanding lesser time for parents allowing them some breathing space for themselves.

The event is open to all Indian citizens in India or abroad across age groups of 3 to 17 years. Basis the submitted entries, for every age, a leader board would be created & declared.

You may share your entries (video/images) with family (1st circle), relatives & close friends (2nd circle) or acquaintances (3rd circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag **#KidExDIYChallenge** or **#KidExDIYNationalChallenge**.

Prizes & certificates

We will conduct two versions of the event for all interested parents. Parents can decide whether they want their child to participate in the paid version or the free version of the event. Entry charge for paid version of the event is INR 500 for every child.

Paid version participants would be eligible for:

1. Prizes for winners across all age category
 - a. Number of winners linked to number of paid version participants
 - b. 50% of registration fees to be distributed as prize to winners
2. Winner & participation certificates
3. Assessment score for every submitted entry & leader board position summary

Free version participants would be eligible for:

1. Assessment score for every submitted entry

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Even participants interested in paid version would be required to pay the amount after 7th May allowing them opportunity to participate first & then, decide.

Important notes:

1. Re-submission: KidEx will provide weekly status on Tuesday / Wednesday for all entries made till Sunday midnight of previous week. KidEx DIY aims to inculcate culture of self-learning & 1% improvement every day in each & every child. If you wish to re-submit the entry for any activity to give the kid an opportunity to better her/his performance and aim for M, we would be supportive and do not mind the additional effort on our part to re-do the assessments. Feel free to re-submit the entry.

2. Conversion to paid version: Should you wish to convert to paid participation (Rs 500/- only), or make payment for your paid participation, simply visit <https://rzp.io/l/KidExDIY> and make the payment by providing your registered email address, mobile number & child name. KidEx team will ensure that your payment is duly recorded & reflected in your participation.

3. Respecting your choice: If you have been registered with KidEx for more than 7 calendar days as unpaid participant and have not submitted even 1 entry, we will respect your choice and will not share challenges with you going forward. Should you wish to re-start receiving challenges, simple make submission for any one challenge or convert to paid participation.

4. Unsubscribe option: Should you wish not to receive DIY events email from KidEx, simple send an email with subject "Unsubscribe" from your registered email address to info@kid-ex.com.