

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity: Record a video transferring 20 rice grains from one bowl to other | Physical skills | 12-17 years

Skill development milestone

The child's body awareness and self-perception increase during this age group. She/he has increased awareness of own physical skills and how they appear to others. Hormonal development & visible effect on body occurs during this age period. The child enjoys team games during this phase (soccer, football, cricket, tennis, etc.). They can handle adult-type tools such as saws and hammers and construct simple structures with wood. Or sew basic garments. Their handwriting becomes more fluid, automatic, and less of an effort thus, resulting in increase in writing speed. They are comfortable writing without ruled lines as well.

Activity description

The child is required to transfer 20 rice grains (at max 2 grains together) from one bowl to other using 2 pencils as chopsticks.

Material required: 20 standard rice grains of considerable size (not too small), two identical bowls & two sufficiently large pencils.

Activity is simple; just hold both the pencils in one hand like chopsticks (adhere to the chopsticks holding format) and transfer the rice grains from one bowl to other taking either single unit or at max 2 units of rice at a time.

Let the child see a video showing the skills for 3-5 minutes till the child has understood the concept. There is a reference tutorial video in the self-learning manual for the right technique to use chopsticks. If you could engage in this activity alongside the child (especially if you are yourself not very well versed with this skill), it would make it more fun & enjoyable for the child in majority of the cases. Closely observe and improve upon the mistakes you or child might make while trying to do the activity.

Encourage your child to practice in free time for over next 2-3 days and whenever child feels confident, please make a video of the child transferring 20 grains from one bowl to another using pencils as chopsticks.

The video should be submitted as an entry as per submission guidelines. You may share the video with family, relatives & close friends as desired by you. Or post the videos on social media, if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. You have to send 1 video of the child doing the activity
2. Keep the total files 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 files(s) at <https://www.kid-ex.com/diy-nc> (if total file size > 20 MB)
4. You can mail the file(s) to us at info@kid-ex.com (if total file size < 20 MB)
5. Please mention child's name, registered contact number & activity number in mail subject while submitting the file (Example: Veehan Saraf, 9654138862, Activity 1)
6. 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 15th May.

Self-learning manual

Common mistakes in this activity are:

KidEx Do-It-Yourself National Challenge 2020

1. Starting from the most difficult task. Start with easier objects first to perfect your pencil/chopsticks holding skills and then progress to more difficult or smaller objects like grains of rice.
2. Not learning the correct technique and nuances of performing this activity.
3. Performing the activity without proper grip, which even some adult cannot do.
4. Make sure there is less distraction like TV, whenever child is performing the task. External distraction will impact their concentration.
5. Do not let the child be discouraged, encourage the child for progress, observe carefully and help in improving.
6. Child is not in the right mindset while learning. They will learn and enjoy the process if they are in a happy mood.

Key coaching tip to excel in this is when getting started: model the technique for the child and perform it slowly so they can fully witness and absorb the sensorial aspects of this wonderful activity! The child can practice transferring or holding bigger or easier objects first while the child gets comfortable with the chopsticks/pencil. Once they have mastered the technique, they can move to picking up smaller objects like rice grains. Helping them understand the benefits of the activity can also help boost motivation.

For learning how to use chopstick, you can refer: https://www.youtube.com/watch?v=xFRzzSF_6gk.

Key benefits of this exercise:

1. This improves concentration power of the child.
2. It helps improve fine motor skills of the child.
3. Improves the child's hand-eye coordination and precision of movement.
4. It enhances the grip ability and give confidence to use chopstick confidently in social events/outing and hence, enable richer social interaction.
5. The child's new skills like using chopsticks build new pathways to brain. These connections are important for a much higher-level abilities like problem solving, self-regulation and communication.
6. It develops a sense of appreciation for unique practices across different countries, cultures & opens/avoids various mind block.

Entry evaluation guidelines

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

1. Master (M): 100% score
 - a. 12-14 years: Transfer all 15 rice grains correctly within 120 seconds
 - b. 15-17 years: Transfer all 20 rice grains correctly within 120 seconds
2. Intermediate (I): 80% score
 - a. 12-14 years: Transfer at least 8 rice grains correctly within 90 seconds
 - b. 15-17 years: Transfer at least 10 rice grains correctly within 90 seconds
3. Beginner (B): 50% score
 - a. 12-14 years: Transfer at least 3 rice grains correctly within 30 seconds
 - b. 15-17 years: Transfer at least 5 rice grains correctly within 90 seconds
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.

KidEx Do-It-Yourself National Challenge 2020

About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumnus). 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. Live classes include: Chess, Arts, Mandarin, Spanish, French, German, Guitar, Movie-Making. Upcoming classes include: Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc. 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.

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.

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

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