



presents

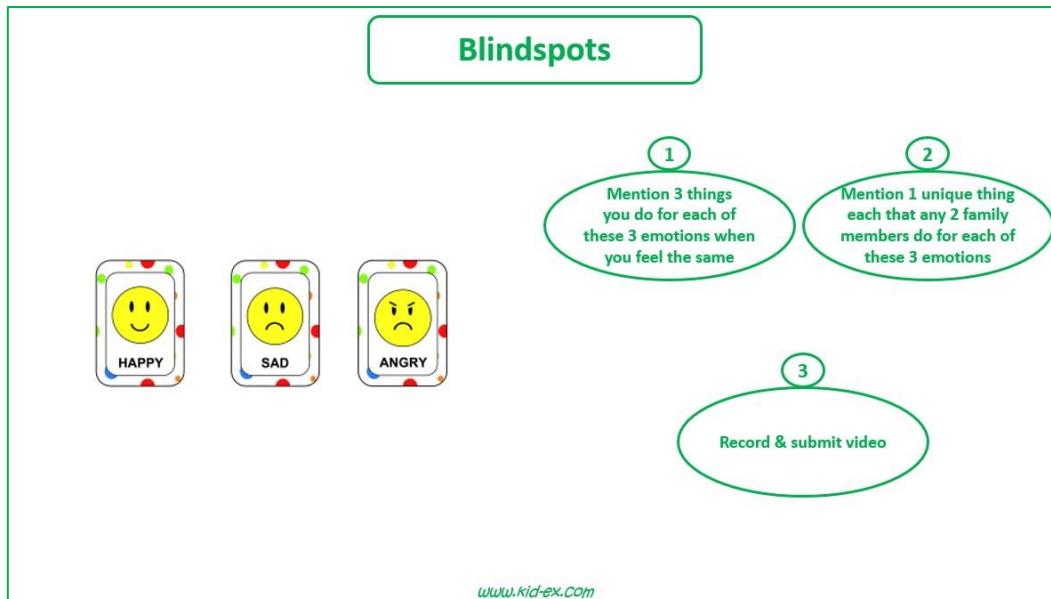
National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 30
Socio-emotional skills:
Blind Spots
Age: 6 years

Our sponsors





Activity description

The child is required to record a video sharing:

- 3 behavioural responses the child does when the child is Happy
- 3 behavioural responses the child does when the child is Sad
- 3 behavioural responses the child does when the child is Angry
- 1 unique behavioural response each of any 2 family members/friends for each of the three emotional states (i.e. 6 additional responses in total which are different from the child's behavioural responses)

The child may name the friend/relative or choose not to. The intent of the exercise is to help the child build on observation skills & notice that different people react differently to same emotions. A list of standard behavioural responses is shared as Annexure in this document towards the end.

Let the child try this exercise for as many emotions as possible. It will improve the child's EQ. When the child is ready for submission, record video & submit.

Assessment guidelines

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

M = Master
(100%)

The child can submit a video presentation sharing the above requested 15 behavioural responses in less than 60 seconds

The child can submit a video presentation sharing the requested 9 behavioural responses for self & at least 3 additional unique responses for others in 60 secs

I = Intermediate
(80%)

B = Beginner
(50%)

The child can submit a video presentation sharing at least 6 behavioural responses for self & at least 3 additional unique responses for others in 45 secs

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 2 additional unique responses for the friends/relatives for each emotion instead of 1

Expert coach speaks

Blind spots are things you are unaware of. Identifying our blind spots and understanding them heightens our level of self-awareness. When we develop a greater self-awareness, it puts us in greater alignment with our higher selves and who we are meant to be. The net result is a speedier progression toward achieving your own level of greatness. Blind spots are not necessarily negative traits or weaknesses.

It is acting as an invisible boundary that limits your experience in your life. When you uncover your blind spots and actively work on them, you start becoming more conscious as an individual, of your strengths and opportunity areas, and the boundaries you operate within. If you do not uncover these blind spots, you will never be able to work on them.



Key benefits of this activity

The activity benefits in many ways:

- Improves observation skills
- Increases level of self-awareness
- Improves responsiveness to feedback
- Results in personal growth

Common mistakes to avoid

- Answer questions honestly
- Do not frame assumptions
- Do not be defensive

Useful web resources

Relevant for parents to watch & guide kids

- [The model explanation: Johari Model](#)
- [Ted Video on Blindspot](#)

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!

Annexure

The following is a list of some of the standard behavioural responses by majority of human beings to any emotional state.

When the person is HAPPY, the person:

1. Smiles
2. Laughs
3. Claps
4. Sings
5. Dances
6. Whistles
7. Prays
8. Thanks others
9. Runs/exercises
10. Speak with close ones
11. _____
12. _____
13. _____

When the person is SAD, the person:

1. Cries
2. Complains
3. Blames others
4. Eats junk
5. Listens to music
6. Speaks with close ones
7. Secludes oneself
8. Watches TV
9. Calls self names
10. Goes for a walk
11. _____
12. _____
13. _____

When the person is ANGRY, the person:

1. Self-critiques
2. Shouts at close ones
3. Shouts at strangers
4. Secludes oneself
5. Breathes deeply
6. Drinks water
7. Throws things
8. Punches objects
9. Speaks rudely
10. Makes irritating noises
11. _____
12. _____
13. _____

When the person is STRESSED, the person:

1. Sits silently
2. Breathes deeply
3. Drinks water
4. Eats junk
5. Walks up & down
6. Bites nails
7. Speaks with close ones
8. Sleeps/secludes oneself
9. Do creative work
10. Cleans room/house
11. _____
12. _____
13. _____