



presents

National All Rounder Championship

1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 21

Socio Emotional:

Bravery

Age: 5 years



Activity description

There are many things in life which we are scared of for no rationale reasons – e.g. scared of lizards, sleeping alone in a room etc. Such fear stem from either hear-say or some assumptions/imagination in the child's mind. Accepting what are you scared of and questioning why are you afraid of the same helps you rationally identify whether the fears are justified or not and this helps either overcome the fears or define necessary steps to handle such things better.

The child is required to share 3 such things which the child is scared of. For any 1 such thing, the child should articulate what is the fear on the child's mind. Encourage the child to think about this & ask himself/herself multiple rounds of Why to better understand why the child is scared. Basis this, the child should articulate what will the child do the next time to face his/her fear better & overcome it.

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 fearful things, reason for fear for any 1 thing & how will child overcome fear next time for the 1 thing with appropriate reason

The child can share 3 fearful things and appropriate reason for fear for any 1 thing

I = Intermediate
(80%)

B = Beginner
(50%)

The child can share 3 appropriate fearful things

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 fearful things, reason for fear for any 2 things & how will child overcome fear next time for any 2 things 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 be shy*
- *Don't be dishonest*
- *Do not articulate reason for not doing the right thing at surface level but dig deep to find out what causes the fear*

Useful web resources

- [Meaning of being brave](#)
- [Be fearless](#)
- [How to overcome fear](#)

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!