



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 30

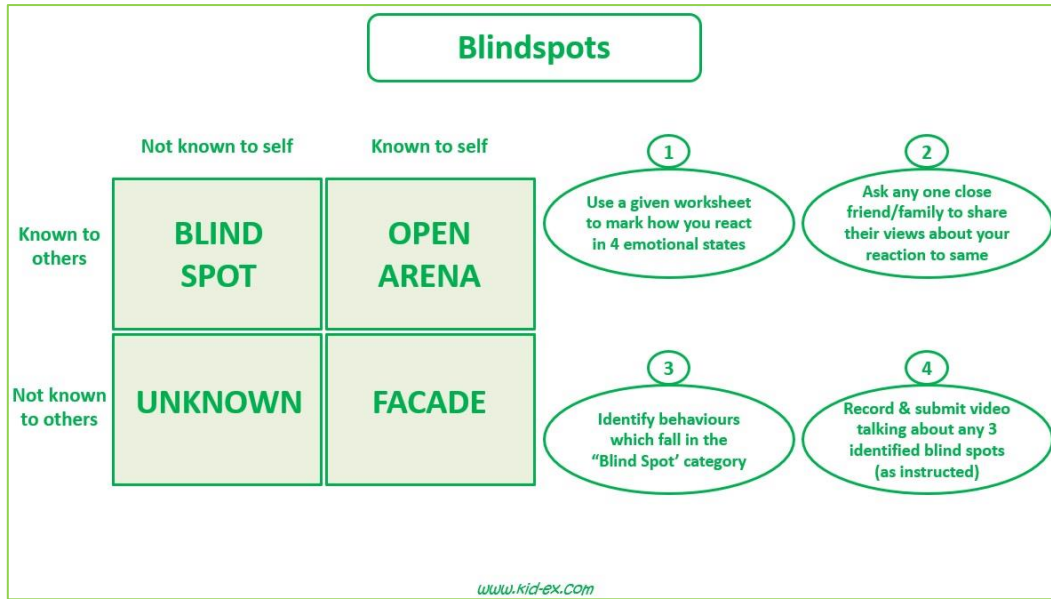
Socio-emotional skills:

Blind Spots

Age: 12-17 years

Our sponsors





Activity description

The child is required to record a video sharing any 3 blind spots (blind spot is defined in picture above) of self which the child identified as part of this activity. The video should cover:

- Any 3 blind spots the child identified in this activity
- Which of these blind spots were surprising/shocking for the child to know?
- Which of these blind spots was useful for the child to discover & why?
- Would you do anything different about any of these blind spots now that you know them? Why?

To identify the blind spot, you may use the reference worksheet in Annexure shared at the end. Use the worksheet to enter your responses & get any one close friend/family to share their views on the worksheet regarding you (the child). Plot your responses & the family/friend's responses in the grid format above (i.e. 10 in Open Arena, 15 in Unknown, 5 in Façade, 10 in Blind Spot). Blind Spot means a behaviour which the child believes the child does not do but the friend/family recognize as something the child does.

Pick any 3 blind spots & talk about the same as instructed above. 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 covering the above 4 requested information in less than 90 seconds

The child can submit a video presentation covering 3 of the above 4 requested information in less than 60 seconds

I = Intermediate
(80%)

B = Beginner
(50%)

The child can submit a video presentation covering 2 of the above 4 requested information in less than 30 seconds

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 repeat the exercise for 4 additional emotions (other than in reference worksheet) & submit another "M" rating blind spot video basis 4 new emotions

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
- Encourage the other respondent to answer honestly as well
- Do not frame fake answers basis assumptions
- Do not be defensive about the findings & look at it positively for further self-development

Useful web resources

- [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.

Mark those responses which you think you exhibit when you are feeling that emotion. If you are filling this for someone else, fill those behavioural responses which you think that person exhibits when the person is feeling any emotion.

Fill free to add any unique responses which is applicable if not mentioned in the list.

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. _____