

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity: Draw human figure in 5 yoga poses | Creativity & imagination | 9-11 years

Skill development milestone

The child is said to be in the pre-teen stage. This stage is typical of children between 9 to 11.

- Drawings become far more detailed.
- Much more spatial perspective is evident.
- Children at this stage may become very frustrated if they are unable to create a realistic picture.
- This is the time when children may express “I can’t draw”.

This stage is characterised by dawning realism, representing expertise, and emerging expertise. The child views art as a creative outlet. It includes details, clothing to identify, receding space, world-making. Transition in art style is that there is considered use of design principles now.

Kids now understand information detailed in drawings, timelines, and charts. They may start to show more creativity in things like writing, designing, or performing arts.

Activity description

The child needs to draw 5 yoga poses of any human figure & color the shape choosing appropriate colors while respecting the boundary.

Your child needs to draw any 5 yoga poses out of the 10 options given below.

List of Yoga Poses (Pick any 5 out of 10):

1. Vriksasana



2. Virbhadrasana II



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3. Sukhasana



4. Uttanasana



5. Balasana



6. Bitilasana



7. Adho Mukha Svanasana

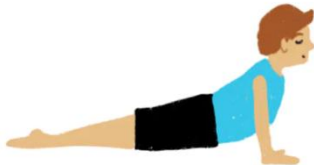


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8. Navasana



9. Bhujangasana



10. Salabhasana



When the child can draw the figure by himself/herself, he/she can move to coloring the picture. Encourage them to select colors which would fit the object and guide them to give more details to the artwork. The child should learn to color within the boundaries.

The child can work on it for a few days. They might not get it perfectly right at first. With practice, they will be able to create artworks they are happy with and show good drawing skills. When you feel that the child has completed the activity successfully, you should take a picture of the artwork.

The image(s) should be submitted as an entry as per submission guidelines. You may share the artwork 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 the image of the art drawn and colored by your child
2. Keep the total file size less than 20 MB
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://bit.ly/KidExDIYchallenge> to register. New registrations allowed till 15th May.

Self-learning manual

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

1. Child is not in the right mindset while learning. They will learn and enjoy the process if they are in a happy mood.
2. The child is not comfortable with free-hand drawing and creates disjointed shapes.
3. The child is not able to maintain relative sizes of the object's different parts.
4. The child does not respect the boundary & the color extends much beyond the shape boundary.

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5. The parent gets discouraged after initial “non-visually appealing” outcome as per “grown-up standards”.

Encourage the child to draw shapes & objects using free hand & focus first on creating the joint object rather than getting each & every shape right. Once the child can complete this, encourage the child to observe which parts of the object seem out of shape e.g. too thin, too fat etc. Ask the child to erase the disproportionate shape & re-draw. As the child re-draws, guide the child to observe hard & soft drawing skills to improve erasing with no marks on the sheet. Let the child re-draw the missing shape & improve the drawing till the child has perfected the same.

Guide them to try and keep the colors within the boundary after the child has become comfortable with the above & has started to enjoy the same.

Reference: <https://www.youtube.com/playlist?list=PLq1TGG6IDQ2y6sm5ODEIPWZu8pBPpuN3E>

They should see this activity as a relaxing and fun way to express themselves. Encourage them to observe colors, lines, perspective, shape and form. They can learn about various colors, shades and hues through this activity. Coloring is an excellent medium of expression. Children often express their personality through drawing and coloring.

Do not be discouraged if the child does not get it right at first.

Key benefits of this exercise are:

1. Stimulates creativity: A child makes an imaginary world in his mind before drawing the picture on the sheet
2. Self-expression: Some children like to express themselves through words, while some use the form art.
You can tell a lot about a person by the colors he uses and the image he draws.
3. Improves Handwriting: Children need hand strength and dexterity to manipulate a pencil on a paper.
Their grip on the crayon or pencil also affects their penmanship
4. Hand eye coordination: Coloring diagrams require your kids to color within the specified area
5. Relaxation and patience: It allow your children to be relaxed and comfortable while creating a piece of art
6. Sense of accomplishment: When child finishes coloring a page or drawing something
7. Focus: Children who spend their time coloring and drawing have better concentrations and focus skills
8. Knowledge: Coloring or drawing a picture can help your children to recognize line, perspective, color, hue, shape and form.
Your children also learn to recognize patterns.
9. Therapeutic: Coloring and sketching is proven therapeutic for some kids, especially if they do it frequently. They vent their feelings, frustrations and other emotions through their artworks.

Entry evaluation guidelines

The maximum point for this activity is 10. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child has drawn and colored all the 5 poses and colored them appropriately while confining to the shape's boundary.
2. Intermediate (I): 80% score
 - a. The child has drawn and colored at least 4 poses and colored them appropriately while confining to the shape's boundary.
 - b. The child has drawn and colored all the 5 poses and colored them appropriately but confining only 90%+ adherence to the shape's boundary.
3. Beginner (B): 50% score
 - a. The child has drawn and colored only 2 poses and colored them appropriately while confining to the shape's boundary.
 - b. The child has drawn and colored at least 3 poses and colored them appropriately but confining only 90%+ adherence to the shape's boundary.

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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.

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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.