

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

**Activity: Record 60-sec video of child feeding any 1 animal or birds | Social and emotional skills | 6 years**

### Skill development milestone

The child develops relationships with and love people outside the family as their emotional needs are met by family alone but peers as well. They need information sources outside of family, and other adults become important in their lives. They recognize other's perspectives. They spend more time with the peer group and turn to peers for information. They have sustained peer group interactions.

The child develops less physically demonstrative relationships and express love through sharing and talking. They may be embarrassed by physical affection. They need love and support but feel less willing to ask for it. They understand more complex emotions, such as confusion and excitement.

The child becomes more modest and wants privacy. He/she wants more emotional freedom and space from parents. They become better at controlling and concealing feelings. They enjoy playing co-operative games but have difficulties coping with losing. They can cope in busy/noisy environments.

The child begins to form a broader self-concept and recognize their own strengths and weaknesses, especially regarding social, academic, and athletic skills. Extremes of emotions, emotional numbing is possible.

### Activity description

The child is required to either:

1. Feed food to any safe animal in the neighborhood (cat or a dog or a cow)
2. Feed grains & water to birds in any open area.

The child should take appropriate food for the animal (bread, roti, biscuits, water, milk) or the birds (food grains, water) in a carry bag or any appropriate utensil. Please carry only throw-away / leave behind utensil for serving water and in current times, do not touch the utensil once any non-pet animal has used the same.

The child can either go to the terrace of the house (accompanied by parents/caretakers) to feed birds or to any open area in the neighborhood (along with a guardian) to feed animals / birds.

In case the child is looking to feed an animal, let the child spot a relatively clean and friendly / safe looking animal (cat, dog, cow) & show them the food item in his/her hands. The child should slowly move close to the animal and drop the food item close to the animal to let it eat the same. In case, the animal moves fast towards the child, any adult may safeguard the child or encourage the child to hide the food behind his/her back and say no to the animal to let the animal understand that this behavior is not acceptable & would mean no food for them. Once the animal has calmed down, the child should again gently & lovingly offer the food & drop it close to the animal (not advisable to feed directly in the mouth of the animal in current times). Once the animal has become busy eating the food, the child may pour water in any leave-behind utensil and place it on the ground for the animal to drink.

In case the child is looking to feed birds, let the child scatter grains on the ground either in front of the birds or throw & wait for the birds to come. After scattering the grains, the child should step back & observe from a distance. The child should pour water in the large plate or bowl and place it on the ground for the birds to drink water from. As the birds start to come, guide the child to slowly walk close to the area where birds are present & scatter more food grains on the ground for them to eat.

Let the child do this for a few days.

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Record a 60-second video of the child feeding animal or birds & encourage the child to observe them – it would create a sense of empathy & feeling of gratitude in the child.

Submit the entry as per the guidelines.

You may share the video with family (1<sup>st</sup> circle), relatives & close friends (2<sup>nd</sup> circle) or acquaintances (3<sup>rd</sup> circle) as desired by you. Or post the videos on social media (public), if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

## Submission guidelines

1. You have to send child's video for the activity
2. Keep the total file 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 file at <https://www.kid-ex.com/diy-nc> (if total file size > 20 MB)
4. 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 30<sup>th</sup> May.

## Self-learning manual

Common mistakes/challenges in this activity are:

1. Child is not in the right mindset.
2. Child is not able to identify a good spot where animal/birds could come.
3. Child walks too close to the birds/animals.
4. Child's body movement is fast/quick/sudden for animals/birds making them feel unsafe.
5. The entire food is scattered on a small spot.
6. The child gets scared as the animal moves towards the child.
7. The child tries to serve the animal from a long distance.

Key coaching tip for this exercise is that guide the child to be patient. Help the child identify a good spot e.g. which has shade, is sufficiently large or already is being used by others to feed birds.

For animals, let the animal spot an animal first. Then, the animal should slowly walk towards the animal while showing the food in his/her hands. In case the animal moves fast towards the child, the child should hide the food & confidently say "No" to the animal. Once the animal has stopped, the child can again show food & move close to the animal. The child should do this till both the child & the animal are in safe distance of each other & neither of them is fast. Then, the child should break the food items into pieces & offer to the animal & let the animal sniff the food & then, start eating. As the animal has started to indulge itself, pour water for it & place it on the ground in a corner.

For birds, let the child set up drinking water first for birds. In summers, birds would find water more useful & it could be a good way to attract them. Ask the child to scatter some grains on ground next to water even when there are no birds & then, wait for birds to come. Once the birds come, allow the birds some time to familiarize themselves with the neighborhood i.e. observe water, some food grains, move around a bit on the ground. Then, the child can slowly move towards the bird with grains in his/her hands and continue to throw food grains close enough to the bird for them to see the same but not too fast for them to feel they might be hurt. Let them start plucking on the grain. As they get busy plucking on the food grains, the child may be instructed to continue to move closer to a certain limit while distributing more grains.

Key benefits of this exercise are:

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1. Gratitude makes you feel more positive emotions
2. Gratitude helps you value what you have and be empathetic to what others do not have
3. It makes you more altruistic, happy, kind, giving and less materialistic or selfish
4. Strengthens social relationships and might help understand others better
5. Can help you calm down and manage yourself when you are triggered, overwhelmed, anxious, sad, or angry
6. Boosts production of feel-good hormones-dopamine and serotonin by the brain
7. Improves sleep, makes you exercise more, reduce pain, lowers blood pressure, and improves immune system

## 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 can spend 60 seconds with animal/birds feeding them.
2. Intermediate (I): 80% score
  - a. The child can spend 30 seconds with animal/birds feeding them.
3. Beginner (B): 50% score
  - a. The child can spend 15 seconds with animal/birds feeding them.
4. Not applicable (NA): 0% score
  - a. All other submission cases.

For any queries, you may Whatsapp us at +91-7303755886 or email us at [info@kid-ex.com](mailto:info@kid-ex.com).

## 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

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- 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 7<sup>th</sup> May allowing them opportunity to participate first & then, decide.