

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

### Activity: Click images showing 24 different emotions | Social and emotional skills | 12-17 years

#### Skill development milestone

The child has good overall relationship with family. He/she begins to see parents as human beings instead of authority figures. Emotionally, they are separating from parent as they rely more on themselves for what they need. They may want to be independent and free of their family. They may overreact to parental questions and criticisms. They will typically get along better with siblings than parents. The way they act and express affection towards family may change, especially in front of friends.

The child cares greatly about relationships with peers, friendships, dating and crushes, and give peers more importance than family. He/she has moved beyond cliques and is developing deeper friendships. Friendships are very important and based on loyalty, understanding and trust. They relate to both same-gender and different-gender peers and may have a wide circle of both gender friends. He/she has increasing need to care and share leading to closer bonds, both friendly and romantic. They still want to blend in and not stand out from their peers in any way, particularly as to gender roles and sexuality. This is increasing exposure to peer pressure.

The child develops the capacity to understand the components of a caring, loving relationship. He/she may enjoy dating or seek out a more meaningful romantic relationship. Romantic interests are common. Love interests can be intense.

They make conscious choices about adults to trust. They respect honesty & straightforwardness from adults.

They form their own identity by organizing perceptions of one's attitudes, behaviors, values into one coherent whole. They become self-conscious and self-centered. Identity will include positive self-image comprised of cognitive and affective components. They will likely pick up new interests that go with their stronger sense of self. They will feel concerned about outward appearance and later, appearances get replaced by personality as area of focus. They may explore different clothes and hobbies as they try on different identities. They may experience struggles associated with identity formation include minority status, being an adopted child, or gay/lesbian identity. Identity struggle may impact social and self-esteem issues which can make life rough for the child.

They may experience feelings of insecurity and begin to doubt self-concept and previous self-confidence. Their self-esteem is based on ability to perform and produce. They are sensitive to other's opinions about themselves. And may often experience a significant drop in self-esteem. They may struggle with family relationships and desire privacy and separation from family.

As they figure out who they are, they will want to be more in control and more independent. The child with positive self-identify will develop the morality that conformity with law is necessary for good of society. The child will examine others' values and beliefs. They show more personal flair and point of view. They begin understanding social roles though, might regard them as inflexible. The child can adapt behavior to fit different situations and practices social roles. It is time of transitions and contradictions for the child. They are confronted with the challenge of matching what they want to become versus what is socially desirable. They are making decision about drugs, alcohol, smoking and the attached risk and may talk openly about it. They may question rules at home and at school and challenge them.

Emotionally, your child will be more independent than ever. But might still probably have a lot of teenage ups and downs. They will face emotional changes and feelings that are new and strange. May want to please and be popular. The child has a greater capacity for intimacy and empathy. They start to understand give-and-take in their romantic relationships, and they see that other people's happiness can be as important as their own. They are more aware of their orientation (straight, gay, bisexual, etc.), and may have sex.

They have the capacity to develop long-lasting, mutual, and healthy relationships, if they have the foundations for this development - trust, positive past experiences, and an understanding of love. They understand their own feelings and can analyze why they feel a certain way.

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Puberty is kicking in & mood swings is the new normal. They can become extremely excited over subjects of interest or accomplishments. They might get sad or depressed easily as well. This can lead to problems in school, use of drugs or alcohol, risky sex, and other behaviors. They may want to please and be popular.

## Activity description

The child is required to facially express 24 different emotions. The emotions are: Happy, Sad, Angry, Joyful, Surprised, Confused, Scared, Calm, Shocked, Bored, Nervous, Annoyed, Proud, Confident, Enraged, Shy, Guilty, Sympathy, Petrified, Depressed, Suspicious, Mischievous, Elated & Scornful.

You may yourself express the emotion in front of the child & encourage the child to copy the expression. Or, the child may see a screen shot of the emotion in digital / print form as well. Once the child starts imitating the expression, ask the child to assign a name to the expression e.g. Happy face. Once the child has become comfortable with the expression, ask the child to express the emotion on reference to the expression name.

Do this exercise as an engagement exercise with the child for a few days. Whenever you think the child is ready, click one image each of the emotions expressed by the child. Rename each of the file as "Child's1stName\_EmotionName" e.g. "Veehan\_Happy.JPG".

The images should be submitted as an entry as per submission guidelines. You may share the images 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 child's 1 picture for every emotion or you can send a collage of all pictures
2. Keep the total files 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](mailto: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 15<sup>th</sup> May.

## Self-learning manual

Common mistakes in this activity are:

1. Not knowing the difference between the facial expressions for different emotions.
2. Unable to copy an expression due to face muscles being stiff / inflexible / untrained.
3. Not knowing the meaning of the emotion leading to incorrect use of the expression in social setting.
4. Child is not in the right mindset while learning. They will learn and enjoy the process if they're in a happy mood.

Key coaching tip to excel in this exercise is that first introduce the child to the expression. You can use emotion charts and pictures to make this introduction. Then, associate the expression with an emotion. Explain to the child the meaning of the emotion by referring to any instance which the child can relate with (real for younger kids & even hypothetical ones for elder ones). Encourage the child to think of the emotion and associate them with the instance when they experienced that emotion.

It is a good idea to reflect with child every few days regarding which all emotions/feelings did he/she and you experience that day. If you walk the child through the emotions that they're feeling instead of trying to appease a child at any cost then they can learn to box feelings up.

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Sample images for the 24 emotions:

1. Happy



2. Sad



3. Angry



4. Joyful



5. Surprised



6. Confused



7. Scared



8. Calm



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9. Shocked



10. Bored



11. Nervous



12. Annoyed



13. Proud



14. Confident



15. Enraged



16. Shy

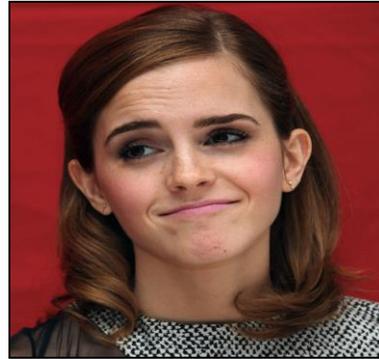


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17. Guilty



18. Sympathy



19. Petrified



20. Depressed



21. Suspicious



22. Mischievous



23. Elated



24. Scornful



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Key benefits of this exercise are:

1. Ability to choose whether to express emotions or regulate them.
2. Person can regulate emotions and prevent them from getting worse if he/she can perceive the distinction in each negative emotion they feel.
3. Helps reduce stress and anxiety. It aids the person to walk through negative emotions by simplifying them into pieces they can solve/manage.
4. Prevents extreme or violent behavior because they understand how they feel & what needs to be done to not cause harm.
5. Inculcates healthy communication at home, among friends and in other social circles. By emotion identification, a person can be trained to see the problem in new light and express accordingly. They can help people around them to do the same.
6. Improves social relationships and interactions of a person as they interact with complete understanding of the complexity of emotions.
7. Ability to differentiate emotions reinforces emotional intelligence and self-regulation of emotions.
8. Helps in better decision making and problem solving as enables person to bring objectivity or subjectivity as desired on any topic.

## Entry evaluation guidelines

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

1. Master (M): 100% score
  - a. 12-13 years: The child can express 20 emotions correctly.
  - b. 14-15 years: The child can express 22 emotions correctly.
  - c. 16-17 years: The child can express all 24 emotions correctly.
2. Intermediate (I): 80% score
  - a. 12-13 years: The child can express 17 emotions correctly.
  - b. 14-15 years: The child can express 19 emotions correctly.
  - c. 16-17 years: The child can express all 21 emotions correctly.
3. Beginner (B): 50% score
  - a. 12-13 years: The child can express 14 emotions correctly.
  - b. 14-15 years: The child can express 16 emotions correctly.
  - c. 16-17 years: The child can express all 18 emotions correctly.
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](mailto: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 7<sup>th</sup> May allowing them opportunity to participate first & then, decide.