

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

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Activity 20: Record video of child giving feedback using SBI framework

Socio-emotional

Giving feedback

S = Situation

B = Behaviour

I = Impact



3 to 4
years

1 positive feedback

5 to 11
years

3 positive feedback
1 improvement feedback

12-17
years

5 positive feedback
3 improvement feedback

Ask the child to give feedback to anyone (including self) using SBI framework
Record a video doing the activity & submit as per guidelines in the manual

www.kid-ex.com

Image source: Family

Activity: Record video of child giving feedback using SBI framework | Socio-Emotional | 12 to 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 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

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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.

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 should demonstrate the right way of giving feedback using one of the standard frameworks (S-B-I). The same can be used to give either a positive feedback or a development feedback.

The child should either give feedback directed to any individual (family member, friends, and relatives) or can do a role-play of someone else giving a feedback to the child.

While giving feedback, the child is required to describe the situation he/she is referring to, call out the behavior of the other person in that particular situation & clearly, articulates how that impacted the child (or the person giving the feedback).

E.g. "During yesterday morning's team meeting, when you shared your match strategy, you were uncertain about two of the possible game situation and you discouraged the team members from asking questions. The team including myself felt low regarding our preparedness for the game & chances to win. I'm worried that this has affected the team's confidence & motivation."

The child is required to practice giving practice for 5 positive experiences and 3 improvement/development experiences.

Let the child indulge in this activity. When you feel that the child is ready to submit his/her entry, record a video of the child. You may record different videos for every feedback.

The video should be submitted as an entry as per submission guidelines.

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

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Submission guidelines

1. Keep the total video 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
2. You can upload the video file at <https://www.kid-ex.com/diy-nc>
3. 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 30th May.

Self-learning manual

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

1. Most people are not comfortable expressing themselves during both positive & negative experiences
2. When they try to express themselves, they are ambiguous or subjective making it not most useful for the person receiving the message

Key coaching tip to excel in this exercise is that let the child practice.

The Situation – Behavior – Impact feedback tool helps to deliver more effective feedback. It focuses comments on specific situations and behaviors, and then outlines the impact that these behaviors have on others.

When one structures feedback in this way, people will understand precisely what one is commenting on and why. And when one outlines the impact of their behavior on others, one is giving them the chance to reflect on their actions and think about what they need to change.

The tool helps one to avoid making assumptions that could upset the other person and damage one's relationship with him or her.

Let's look at each part of the SBI feedback tool and discuss how to use it to structure feedback.

1. Situation

When you're giving feedback, first define the where and when of the situation you're referring to. This puts the feedback into context and gives the other person a specific setting as a reference.

For example:

"During yesterday morning's team meeting, when you shared your match strategy ..."

2. Behavior

Your next step is to describe the specific behaviors that you want to address. This is the most challenging part of the process, because you must communicate only the behaviors that you observed directly.

You must not make assumptions or subjective judgments about those behaviors. These could be wrong, and this will undermine your feedback.

For example, if you observed that a colleague made mistakes in a presentation, you should not assume that he hadn't prepared thoroughly. You should simply comment that he made mistakes – and, ideally, note what the mistakes were.

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Don't rely on hearsay, as this may contain others' subjective judgments. Again, this could undermine your feedback and jeopardize your relationship.

The examples below include a description of the specific behaviors you might want to address:

"During yesterday morning's team meeting, when you shared your match strategy, you were uncertain about two of the possible game situation and you discouraged the team members from asking questions.... "

3. Impact

The last step is to use "I" statements to describe how the other person's action has affected you or others.

For example:

"During yesterday morning's team meeting, when you shared your match strategy, you were uncertain about two of the possible game situation and you discouraged the team members from asking questions. The team including myself felt low regarding our preparedness for the game & chances to win. I'm worried that this has affected the team's confidence & motivation."

Once you've delivered your feedback, encourage the other person to think about the situation and to understand the impact of his/her behavior. Allow him/her time to absorb what you've said as well, and then go over specific actions that will help him/her to improve.

Key benefits of this exercise are:

1. Reduces stress & frustration
2. Creates positivity & delight
3. Enables better emotional expression & avoid outbursts
4. Improves inter-personal relations & skills
5. Limits feedback to a particular situation & behavior and not to individual

Entry evaluation guidelines

The maximum point for this activity is 20. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child shared 8 feedback correctly as per guidelines
2. Intermediate (I): 80% score
 - a. The child shared 6 feedback correctly as per guidelines
3. Beginner (B): 50% score
 - a. The child shared 4 feedback correctly as per guidelines including at least 1 improvement feedback
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.

About KidEx

KidEx is a company founded by Kapish Saraf & Amritanshu Kumar (IIT Kharagpur & IIM Calcutta alumni). 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

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Cognitive Development	Physical Development	Language & Communication	Creativity & Imagination
✓ Chess	✓ Yoga	✓ English	✓ Guitar
✓ Science (Class 8 to 10)	✓ Bolly-fitness	✓ Mandarin	✓ Film-Making
✓ Chemistry (Class 11 & 12)		✓ French	✓ Fine Arts (Sketching / Painting)
		✓ German	
		✓ Spanish	

Note: Upcoming classes include Academics, Robotics, Coding, Dramatics, multiple Dance & Music, Social Etiquette etc.

Should you be interested in undertaking any of the classes or knowing more about our offerings, kindly reach out to us at +91-7303755886 (call / WhatsApp) or email us at info@kid-ex.com

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.

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

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

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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.

Important notes:

1. Re-submission: KidEx will provide weekly status on Tuesday / Wednesday for all entries made till Sunday midnight of previous week. KidEx DIY aims to inculcate culture of self-learning & 1% improvement every day in each & every child. If you wish to re-submit the entry for any activity to give the kid an opportunity to better her/his performance and aim for M, we would be supportive and do not mind the additional effort on our part to re-do the assessments. Feel free to re-submit the entry.

2. Conversion to paid version: Should you wish to convert to paid participation (Rs 500/- only), or make payment for your paid participation, simply visit <https://rzp.io/l/KidExDIY> and make the payment by providing your registered email address, mobile number & child name. KidEx team will ensure that your payment is duly recorded & reflected in your participation.

3. Respecting your choice: If you have been registered with KidEx for more than 7 calendar days as unpaid participant and have not submitted even 1 entry, we will respect your choice and will not share challenges with you going forward. Should you wish to re-start receiving challenges, simple make submission for any one challenge or convert to paid participation.

4. Unsubscribe option: Should you wish not to receive DIY events email from KidEx, simple send an email with subject "Unsubscribe" from your registered email address to info@kid-ex.com.