

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity: Record unique, video “Thank You” messages | Social & emotional skills | 12-17 yrs

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 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 must record video messages thanking 15 unique people for something which the child is grateful. The 15 messages must be unique i.e. the child cannot thank different people for the same thing & the message has to be one sentence long.

Let the child share the video with each of the persons for whom the child has recorded the message. The child should also, submit the 15 video messages as entry for the activity.

If you wish, you can share the same on social media 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 30th May.

Self-learning manual

Common mistakes/challenges in this activity are:

1. Child is not in the right mindset.
2. Child is too shy to be able to express himself/herself.
3. The child fails to appreciate kind gestures of others & takes them for granted.

A sample "thank you messages" video can be seen [here](#).

Key benefits of this exercise are:

1. Promotes verbalizing your emotions. This can create a positive feedback loop.
2. Gratitude relieves stress and can make you feel more positive emotions.
3. Boosts production of feel-good hormones-dopamine and serotonin by the brain.
4. Can help you calm down and manage yourself when you are triggered, overwhelmed, anxious, sad, or angry.
5. Strengthens social relationships and might help understand others better.
6. Gratitude helps you value what you have and be empathetic to what others do not have.
7. It makes you more altruistic, happy, kind, giving and less materialistic or selfish.
8. 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

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- a. The child can record 15 unique messages.
2. Intermediate (I): 80% score
 - a. The child can record 12 unique messages.
3. Beginner (B): 50% score
 - a. The child can record 9 unique messages.
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.

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.