



presents

# National All Rounder Championship

1 May 2021 - 31 July 2021

**Self-Learning Manual: Activity 13**

**Socio Emotional:**

**Embracing No**

**Age: 3 years**



## Activity description

Saying "No" is an important skill to have in life – it does not mean Say "No" to everything but means knowing what is important for yourself and committing to things which are doable & manageable without failing on promises. Yet most people do not have this skill and feel saying "No" will make them look bad.

Ask the child to answer over the few days how frequently did the child got told "No" which made the child feel bad/sad. Encourage the child to think what did the child do after that to make himself/herself feel better.

Basis all these realizations, the child is required to record a video of self sharing 1 unique experience when the child was told "No" for something and the child felt bad/sad. The child is required to articulate what dd the child do after that to feel better. Encourage the child to articulate reasons related to the topic instead of something else, if possible.

Record the video at one go. No video editing or part recordings are allowed. Whenever the child is ready, record the video of the child & submit. Ensure total video length (even for Ex) is less than 60 seconds.

## Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

**M = Master**  
(100%)

The child can share 1 unique experience as instructed & articulate what did the child do to make himself/herself feel better

The child can share 1 unique experience completely as instructed without prompts

**I = Intermediate**  
(80%)

**B = Beginner**  
(50%)

The child can share 1 unique experience as instructed with prompts

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

**A = Aspirant**  
(25%)

**NA (Not applicable)**

No submissions or any submission which is irrelevant for the activity.

**50% bonus marks:** If the child securing an M can share 2 unique experiences as instructed & articulate what did the child do to make himself/herself feel better

### Expert coach speaks

*Many of us feel compelled to agree to every request, and would rather juggle a million jobs than refuse to help, even if we are left with no time for ourselves. But learning to say no can earn you respect from yourself as well those around you. People struggle to say No for fear of being disliked, criticized, or risking a friendship. But, in reality, the ability to say no is closely linked to self-confidence & self-esteem. Such people tend to rate others' needs more highly than their own. Being unable to say no can make you exhausted, stressed and irritable.*

*Learn to say No & also, know when should you say No & How. These aspects are important for your SQ & EQ.*



### Key benefits of this activity

The activity benefits in many ways:

- Helps understand Yes & No are both acceptable
- Helps manage emotions better
- Reason the logic for something & hence accept it better
- Improves appreciation for “Yes”
- Better self-confidence & self-esteem
- Establishes healthy relationships
- Reduces unhappiness

#### Common mistakes to avoid

- *Don't think No means Bad*
- *Do not take Nos personally but factually*

#### Useful web resources

- [Handling No when someone says No](#)
- [Saying No without being rude](#)

To submit your entry, visit our website ([www.kid-ex.com](http://www.kid-ex.com)). For any queries, email us at [info@kid-ex.com](mailto:info@kid-ex.com).

**Keep learning! Keep growing! Stay happy! Be successful!**