



presents

National All Rounder Championship

1 December 2020- 28 February 2021

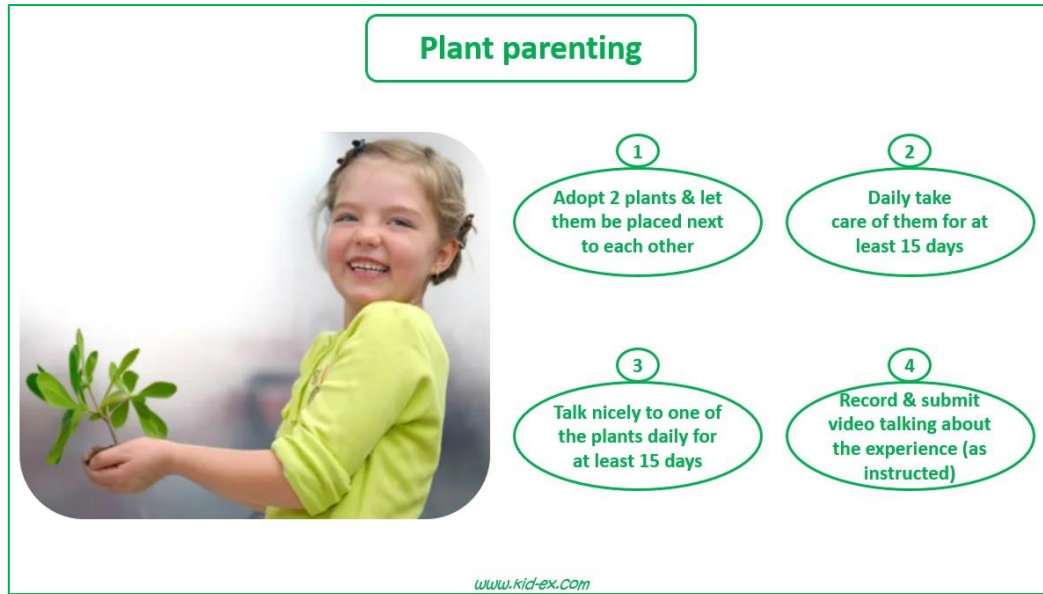
Self-Learning Manual: Activity 29
Socio-emotional skills:
Plant parenting
Age: 12-17 years

Our sponsors



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Activity description

The child is required to record a video sharing his/her experiences about parenting two plants:

- How did the child take care of the 2 adopted plants daily?
- What difference does the child see between the two plants in terms of plant's growth?
- How does the child feel about both the plants individually?
- If the child were to select a house-plant, which plant would be right for child's house & why?

The child should adopt two almost similar plant in the same location (i.e. receiving same quantity of natural light & water). The child should take care of both the plants daily for at least 15 days (i.e. water them, ensure they are getting adequate sunlight, fertilizers if needed etc.). The child should talk with one of the plants extra nicely (be appreciative, compliment the plant, encourage, motivate etc.) & not talk with the other plant. The child should take a picture of both the plants daily for each of the 15 days.

After 15 days of doing these tasks daily, the child should record a video sharing his/her experiences as explained above. Record and submit video of the child.

Assessment guidelines

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

M = Master
(100%)

The child can share visibly real experiences on all the 4 mentioned topics speaking for each of the topics for at least 15 seconds & for a total duration of 120 seconds

The child can share visibly real experiences on any 3 mentioned topics speaking for each of the topics for at least 15 seconds & for a total duration of 90 seconds

I = Intermediate
(80%)

B = Beginner
(50%)

The child can share visibly real experiences on any 2 mentioned topics speaking for at least 15 seconds & for a total duration of 60 seconds

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 daily pictures of both the plants for 15 days (numbered correctly e.g. Plant 1_Day 1 & in a zipped file format)

Expert coach speaks

IKEA set up two identical plants in the school, and for 30 days invited students to compliment one plant and bully the other. The plants were kept under identical controlled environments. They each received the same amount of light, nutrition and water.

After 30 days, the plant that received compliments was healthy and thriving, while its insult-riddled counterpart was wilted and noticeably droopy.

We may not know for certain that plants are susceptible to words, but we do know they respond to noise.

It is an easy experiment to try at home & experience yourself.



Key benefits of this activity

The activity benefits in many ways:

- Improves mental & physiological health
- Encourages positive thinking
- Improves cognitive skills
- Improves planning skills & contingency management
- Reduces stress & teaches to let-go worries/anxieties
- Reduces ego

Common mistakes to avoid

- *Do not know the ideal / optimal growth requirements of the plant*
- *Do not know which is the right plant for your house & lifestyle*
- *Lack of daily maintenance schedule for the plant*
- *No solutions to take care of plant if you are leaving home for an extended duration*

Useful web resources

- [Plant parenting for Millennials](#)
- [House plant care basics](#)
- [How do plants grow?](#)
- [Become a plant mom](#)
- [4 common plant parent mistakes](#)
- [Plant parenting for beginners](#)
- [IKEA Bullying a Plant experiment](#)

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

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