

KidEx Do-It-Yourself National Challenge 2020

Activity description and self-learning manual

Activity name: Click an image in each of the 9 Yoga poses | Activity type: Physical skills | Age category: 7-8 years

Skill development milestone

The child's physical strength and endurance increase at this age. He/she has good finger control. They are able to write consistently on the lines and maintain legibility of handwriting for entirety of a story. Physically, the child develops less fat and grows more muscle than in earlier years. They grow longer legs relative to their total height and begin resembling adults in the proportion of legs to body. They use small and large motor skills in sports and other activities.

Activity description

The child is required to enact 9 basic yoga poses (as mentioned in the image) perfectly.

This activity can easily be performed on the floor of your house and requires a yoga mat or a bed sheet which can be used as a mat. All the asanas/poses should be done on the mat only. The mat must be on the floor only and not on bed/sofa or any other furniture.

The child can do the yoga asanas in any order but should aim to get the posture correct.

Encourage the child to practice this in free time over 2-3 days and whenever the child is confident to do the posture correctly, please click an image for each yoga pose (similar to the image in poster) and share as individual images or as a collage (if the child knows how to make a collage). The same can be shared with close family, friends & relatives and also, submitted as an entry for the event.

Feel free to participate in the same activity with your child. Or post the videos on social media, if you wish, with the hash tags #KidExDIYChallenge & #KidExDIYActivity1.

Submission guidelines

1. You must click separate image for each of the yoga asanas
2. You can submit each photo individually or create a collage & submit the collage of the 9 images (preferably in JPEG format)
3. Keep the total files size less than 20 MB
4. You can upload the photo files(s) at <https://www.kid-ex.com/diy-nc> (if total file size > 20 MB)
5. You can mail the photo file(s) to us at info@kid-ex.com (if total file size < 20 MB)
6. Please mention child's name, registered contact number & activity number in mail subject while submitting the file (Example: Veehan Saraf, 9654138862, Activity 1)
7. 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

Self-learning manual

Key coaching tips to excel in these yoga asanas:

1. The child should do warm up exercises including basic breathing routines before performing the asanas. View [here](#).
2. Do not perform an asana if the child is feeling pain while performing the asana or has any existing injury or ailment
3. Avoid the distractions of fullness and hunger by having a light snack an hour or two before your yoga session begins.
4. Add in extra breaths when needed, allowing yourself to breathe fully and easily at all times. If you find yourself huffing and puffing or breathing through your mouth, consider starting out with a slower pace. This is applicable across multiple asanas.
5. Flatten your hands while cupping the floor, keep fingers spread apart and press evenly from the pinkie side to the thumb side. Lifting your palm may cause injury to wrists and hence, important to note this. This is applicable across multiple asanas.
6. Make sure you hinge at the hips while folding forward. Your chest should reach towards the feet. And you just need to bend your knees slightly. Keep them bent as you come out of your forwardfold. This is applicable across multiple asanas.
7. When raising the arms overhead or during deep backbends, relax your shoulders. In standing poses with the arms raised overhead, find a balance between squeezing your shoulders up and forcing them down. If need be, widen your hands to shoulder distance. This is applicable across multiple asanas.

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8. Your deep core muscles stabilize your spine, so it's important to keep them engaged at all times. And not just during poses. Move more fluidly, even if you're moving quickly, so the movement is more gradual. Keep your back straight and core engaged by ensuring that your abdomen is not loose. This is applicable across multiple asanas.
9. If you're flexible, you might find yourself overstretching your arms and putting undue strain on your elbows. Redefine "straight" arms. Bring your hands a little wider, then micro-bend your elbows. Engage your biceps, then externally rotate your upper arms to get the triceps working. This is applicable across multiple asanas.
10. Simhasana: Kneel on the floor, bring the big toes together and separate the heels. Lower the buttocks onto the inside of the feet with heels touching sides of the hips, hands resting on thighs. Keep the mouth closed. Inhale slowly and deeply through the nose. At the end of inhalation open the mouth and extend the tongue out as far as possible towards the chin. While slowly exhaling, produce a clear, steady 'aaah' sound from the throat, keeping the mouth wide open. At the end of exhalation, close the mouth and breathe in.
11. Vrivasana: Grow your tree pose slowly. Place your foot either above or below the knee i.e., on your thighs or calves. Keep both hips square and aligned. Stand next to a wall, table or chair to hold on to if necessary.
12. Virbhadrasana II: Engage the back leg fully, keeping the back foot parallel with the end of the mat. Place the knee of the front leg over the ankle. Extend the arms straight on both sides and in parallel with the mat. Open the chest. Keep arms parallel to the floor and fix your gaze on your middle finger. If you notice your knee always seems to fall in or out in a certain pose, try taking up more space across the width of your mat.
13. Balasana: Perform this pose as far as you can manage, keeping your bottom as far in the "air" as necessary. For sore knees, place a blanket or shallow pillow behind the knees, or rest your bottom/body on a block or yoga bolster. If you have sore ankles and feet, place a blanket or shallow pillow under your ankle joints.
14. Bitilasana: Start on your hands and knees in a "tabletop" position. Make sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor. Centre your head in a neutral position, eyes looking at the floor. As you inhale, lift your sitting bones and chest toward the ceiling, allowing your belly to sink toward the floor. Lift your head to look straight forward. Exhale, coming back to neutral "tabletop" position on your hands and knees.
15. Bhujangasana: The hands should not extend beyond the shoulders. Also, do not go straight to high Cobra instead of low Cobra. Toes should not be tucked in but lie flat on the ground. Press down a lot through both hands, keep your gaze forward instead of upward, and pull the top of your head upward to keep your neck long.
16. Shavasana: Do not skip. If you do not relish Shavasana pose, you miss out on integrating and fully absorbing all of the work you have done.

Key benefits of this exercise:

1. Child develops body awareness
2. It increases their confidence and positive self-image
3. Child improves strength and control over breathing which is beneficial against majority of lifestyle diseases
4. Child is able to build concentration and improves sleep
5. It improves self regulation, mood swings and decreases stress and anxiety
6. Child learns to manage stress through breathing, awareness, meditation and healthy movement
7. The exercise and yoga in general improve memory and cognitive functioning

Entry evaluation guidelines

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

1. Master (M): 100% score
 - a. 7-8 years: Submitted all 9 postures and at least 8 asanas posture is perfect
2. Intermediate (I): 80% score
 - a. 7-8 years: Submitted all 9 postures and at least 6 asanas posture is perfect
3. Beginner (B): 50% score
 - a. 7-8 years: Submitted at least 7 postures and at least 4 asanas posture is perfect
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.

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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 7th May allowing them opportunity to participate first & then, decide.