Activity description and self-learning manual

Activity: Click images showing 12 different emotions | Social and emotional skills | 7-8 years

Skill development milestone

The child remains strongly influenced by the family. But the importance of peer acceptance increases further for your child than in the early school years and therefore, the child has a growing peer orientation. They are figuring out where they fit and what is acceptable. He/she develops competence in interpersonal and social relationships as they learn social skills through peer & family relationships. Best friends are important at this stage.

Children start to relax about the opposite sex. Boys and girls might mix more easily during playtime. Lying, cheating, and stealing are to be expected somewhat in early school years.

The child starts to learn the value of its society.

Activity description

The child is required to facially express 12 different emotions. The emotions are: Happy, Sad, Angry, Joyful, Surprised, Confused, Scared, Calm, Shocked, Bored, Nervous & Annoyed.

You may yourself express the emotion in front of the child & encourage the child to copy the expression. Or, the child may see a screen shot of the emotion in digital / print form as well. Once the child starts imitating the expression, ask the child to assign a name to the expression e.g. Happy face. Once the child has become comfortable with the expression, ask the child to express the emotion on reference to the expression name.

Do this exercise as playing session with the child for a few days. Whenever you think the child is ready, click one image each of the emotions expressed by the child. Rename each of the file as "Child's1stName_EmotionName" e.g. "Veehan_Happy.JPG".

The images should be submitted as an entry as per submission guidelines. You may share the images with family, relatives & close friends as desired by you. Or post the videos on social media, if you wish, with the hash tag #KidExDIYChallenge or #KidExDIYNationalChallenge.

Submission guidelines

1. You have to send child's 1 picture for every emotion or you can send a collage of all pictures
2. Keep the total files size less than 20 MB
3. You can upload the files(s) at *https://www.kid-ex.com/diy-nc* (if total file size > 20 MB)
4. You can mail the file(s) to us at *info@kid-ex.com* (if total file size < 20 MB)
5. Please mention child's name, registered contact number & activity number in mail subject while submitting the file (Example: Veehan Saraf, 9654138862, Activity 1)
6. 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. New registrations allowed till 15th May.

Self-learning manual

Common mistakes in this activity are:

1. Not knowing the difference between the facial expressions for different emotions.
2. Unable to copy an expression due to face muscles being stiff / inflexible / untrained.
3. Not knowing the meaning of the emotion leading to incorrect use of the expression in social setting.
4. Child is not in the right mindset while learning. They will learn and enjoy the process if they're in a happy mood.

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Key coaching tip to excel in this exercise is that first introduce the child to the expression. You can use emotion charts and pictures to make this introduction. Then, associate the expression with an emotion. Explain to the child the meaning of the emotion by referring to any instance which the child can relate with (real for younger kids & even hypothetical ones for elder ones). Encourage the child to think of the emotion and associate them with the instance when they experienced that emotion.

It is a good idea to reflect with child every few days regarding which all emotions/feelings did he/she and you experience that day. If you walk the child through the emotions that they're feeling instead of trying to appease a child at any cost then they can learn to box feelings up.

Sample images for the 12 emotions:

1. **Happy**

2. Sad

3. **Angry**
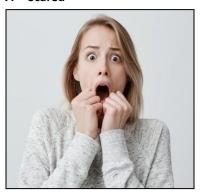

4. Joyful

5. **Surprised**

6. Confused

7. **Scared**

8. **Calm**

9. **Shocked**

10. **Bored**

11. **Nervous**

12. **Annoyed**

Key benefits of this exercise are:

1. Ability to choose whether to express emotions or regulate them.
2. Person can regulate emotions and prevent them from getting worse if he/she can perceive the distinction in each negative emotion they feel.
3. Helps reduce stress and anxiety. It aids the person to walk through negative emotions by simplifying them into pieces they can solve/manage.
4. Prevents extreme or violent behavior because they understand how they feel & what needs to be done to not cause harm.
5. Inculcates healthy communication at home, among friends and in other social circles. By emotion identification, a person can be trained to see the problem in new light and express accordingly. They can help people around them to do the same.

6. Improves social relationships and interactions of a person as they interact with complete understanding of the complexity of emotions.
7. Ability to differentiate emotions reinforces emotional intelligence and self-regulation of emotions.
8. Helps in better decision making and problem solving as enables person to bring objectivity or subjectivity as desired on any topic.

Entry evaluation guidelines

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

1. Master (M): 100% score
    a. The child can express all 12 emotions correctly.
2. Intermediate (I): 80% score
    a. The child has expressed 10 emotions correctly.
3. Beginner (B): 50% score
    a. The child has expressed 8 emotions correctly.
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.

KidEx Do-It-Yourself National Challenge 2020

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.