

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

### **Activity: Record 60-sec video of child feeding birds | Social and emotional skills | 4 years**

#### **Skill development milestone**

The child still relies on caregivers, while no longer needing or wanting as much physical contact with caregivers as they received in infancy and as toddlers.

The child has more opportunities to interact with peers, either through school or recreational activities, and will play with other children. They start to form stronger peer relationships. He/she cooperates with other children and may prefer to play with other children than by herself. The child still has difficulty sharing but is beginning to understand taking turns. They socialize with peers and learn to recognize some peers as friends and others as people they don't like.

They continue to express emotions physically and to seek hugs and kisses. He/she wants to please friends and family too. They may be quick to get angry but tries to control it or express it through words. The child talks about what he likes and what he is interested in.

They develop a sense of right & wrong though they may not understand why something is right or wrong. They start to understand the concept of privacy. They enjoy new things and activities.

#### **Activity description**

The child is required to feed grains & water to birds in any open area.

The child should take food grains in a carry bag or a bowl, water in a bottle & a large plate with boundaries or bowl from where birds can drink water.

The child can either go to the terrace of the house (accompanied by parents/caretakers) or to any open area in the neighborhood (along with a guardian).

The child should scatter grain on the ground either in front of the birds or throw & wait for the birds to come. After scattering the grains, the child should step back & observe from a distance. The child should pour water in the large plate or bowl and place it on the ground for the birds to drink water from.

As the birds start to come, guide the child to slowly walk close to the area where birds are present & scatter more food grains on the ground for them to eat. Let the child do this for a few days.

Record a 60-second video of the child distributing food grain amongst birds & encourage the child to observe the birds eating & drinking – it would create a sense of empathy & feeling of gratitude in the child.

Submit the entry as per the guidelines.

You may share the video with family (1<sup>st</sup> circle), relatives & close friends (2<sup>nd</sup> circle) or acquaintances (3<sup>rd</sup> circle) as desired by you. Or post the videos on social media (public), if you wish, 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](#)

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- 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 30<sup>th</sup> May.

## Self-learning manual

Common mistakes/challenges in this activity are:

1. Child is not in the right mindset.
2. Child is not able to identify a good spot where birds could come.
3. Child walks too close to the birds.
4. Child's body movement is fast/quick/sudden for birds making them feel unsafe.
5. The entire food grain is scattered on a small spot.

Key coaching tip for this exercise is that guide the child to be patient. Help the child identify a good spot e.g. which has shade, is sufficiently large or already is being used by others to feed birds.

Let the child set up drinking water first for birds. In summers, birds would find water more useful & it could be a good way to attract them. Ask the child to scatter some grains on ground next to water even when there are no birds & then, wait for birds to come. Once the birds come, allow the birds some time to familiarize themselves with the neighborhood i.e. observe water, some food grains, move around a bit on the ground.

Then, the child can slowly move towards the bird with grains in his/her hands and continue to throw food grains close enough to the bird for them to see the same but not too fast for them to feel they might be hurt.

Let them start plucking on the grain. As they get busy plucking on the food grains, the child may be instructed to continue to move closer to a certain limit while distributing more grains.

Key benefits of this exercise are:

1. Gratitude makes you feel more positive emotions
2. Gratitude helps you value what you have and be empathetic to what others do not have
3. It makes you more altruistic, happy, kind, giving and less materialistic or selfish
4. Strengthens social relationships and might help understand others better
5. Can help you calm down and manage yourself when you are triggered, overwhelmed, anxious, sad, or angry
6. Boosts production of feel-good hormones-dopamine and serotonin by the brain
7. 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
  - a. The child can spend 60 seconds with birds feeding them.
2. Intermediate (I): 80% score
  - a. The child can spend 30 seconds with birds feeding them.
3. Beginner (B): 50% score
  - a. The child can spend 15 seconds with birds feeding them.
4. Not applicable (NA): 0% score
  - a. All other submission cases.

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- b. No submission.

For any queries, you may Whatsapp us at +91-7303755886 or email us at [info@kid-ex.com](mailto: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 7<sup>th</sup> May allowing them opportunity to participate first & then, decide.