

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

**Activity: Click an image of a paper cutting using scissors (under parental supervision) | Physical skills | 4 years**

### Skill development milestone

The child should be able to walk heel-to-toe and run as well. They should be able to kick the ball with her/his foot with decent power. The child can easily stand on one foot for four to five seconds. They should be able to climb jungle gyms at the playground (though needs close supervision). They can draw simple shapes, use scissors, and string beads. They can dress / undress themselves independently or with limited assistance. The child can independently brush teeth as well.

### Activity Description

The child is required to cut a simple figure of a large gingerbread man using scissors under parental supervision. The image of the cut figure should be taken & shared with us.

Material required: Paper cutting scissors, standard A4 paper sheet or equivalent and a pencil.

Draw a large gingerbread man on the paper (sample image below). If the child can draw the gingerbread man himself/herself, encourage the child to draw it themselves. Important to draw a large image with no small sized, sharp turns to allow the child to easily cut the image using scissors.



Guide the child to develop a strong grip on the pair of scissors. Explain the scissors movement / usage method to the child & definitely cover the safety practices & common mistakes to avoid.

Encourage the child to cut the gingerbread man's image using scissors following the external boundary of the image. Let the child practice this activity for a few days & when you feel the child has become comfortable with the exercise, give a sheet with drawing for entry submission. Let the child cut the picture & then, click the image of the cut gingerbread man & share with us.

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 the entry as an image
2. Keep the total file size less than 20 MB

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3. You can upload the file(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](mailto: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://www.kid-ex.com/diy-reg> to register. New registrations allowed till 15<sup>th</sup> May.

### Self-learning manual

Common mistakes in this activity are:

1. The child is not able to hold the scissor properly
2. The scissor is designed for only right-handed kids and not for left-handed kids
3. Not only kids, but some adults also struggle at cutting the curves. This can be avoided by using scissors slowly and making a small cut at the bend.
4. Cutting picture at one go can be tedious and difficult, remember to take a break and look at the work done till now and try to improvise on remaining part.
5. If you make a mistake, do not try to fix that immediately. Instead, start cutting from other parts, come back, and then decide if it needs to change.
6. The child's other hand is close to the scissor creating a risk of child hurting himself/herself
7. There are additional material/paper underneath the paper & the child cuts multiple paper / material simultaneously
8. The child is not in the right mindset while learning. They will learn and enjoy the process if they are in a happy mood

Key coaching tip to excel in this exercise is that first, you cut different character figure which your child likes this will make him take interest in this activity. Since this activity requires many skills at once, before moving on to the above activity, you can make him practice below activity first.

Start with guidance on how to hold scissors:

1. Choose scissor which fits in the hand of the child.
2. Introduce the concept of scissor hand; right hand child should hold scissor in his/her right hand; like wise left-hand child should use the left side to keep the scissor. There are two loops in the scissor- the upper one is for thumb, and the lower one is for the middle finger. Determine whether the scissor is designed for a right-hander or a left-hander.
3. Position the wrist so that the thumb is turned upward, the thumb joint resting inside the thumb loop.
4. Make sure the tip of the middle finger is inside the opposite loop. Some scissors have enough space for the middle and ring fingers to be positioned inside this loop. There may even be adequate space for both fingers.
5. Place the index finger outside the loop, in front of the middle finger serving as a "guide".
6. The ring finger and pinkie should be curled into the palm (unless the ring finger is inside the loop with the middle finger).
7. Show them how to open and close the scissor, first by yourself, and then let him/her do.

Once the child has learned to hold the scissors, move on to the snipping paper task:

1. First, make your child sit on the chair with a table at a reasonable height so that they can rest their arm on the table.
2. Initially, parents show them how to cut a straight line. Emphasis should be on how to use scissor hand and helping hand to hold the paper. Make sure his helping hand is not on or too near to the cutting line.
3. Ask your child to make just single snips on the paper, cut at least 100 single snips. Since this is the first, we need to be extra cautious. Remember, they are not moving forward on the paper with a scissor.
4. Then move on to make two snips with moving scissor forwards and then three snips, practice this until you and child both are confident to move to the next step.
5. After securing confidence in straight snips move on to larger curves, circles, square.

The size of the paper should be that your child can handle with other hands, also make thick lines, and use dots or holes at the turning point.

Instead of teaching in one go, break the sub activities in different time interval of day

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Key benefits of this exercise are:

1. Helps improve sitting balance and stability – stable shoulder & arm-wrist control.
2. Enhance fine motor skills – isolation of thumbs and fingers, grasp, and release.
3. Bilateral coordination of using both sides of the body together.
4. Visual and visual motor skills - the ability to observe, recognize, and use visual information about forms, shapes, figures, and objects make up our visual-motor abilities.
5. This activity also helps to enhance children's interest in arts and craft activity.

## 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 cut whole figure correctly, with less than 2 wrong cuts.
2. Intermediate (I): 80% score
  - a. The child can cut whole figure, with less than 4 wrong cuts.
  - b. The child can cut 50% figure, with less than 2 wrong cuts.
3. Beginner (B): 50% score
  - a. The child can cut 50% figure, with less than 2 wrong cuts.
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](mailto: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 7<sup>th</sup> May allowing them opportunity to participate first & then, decide.