



presents

National All Rounder Championship

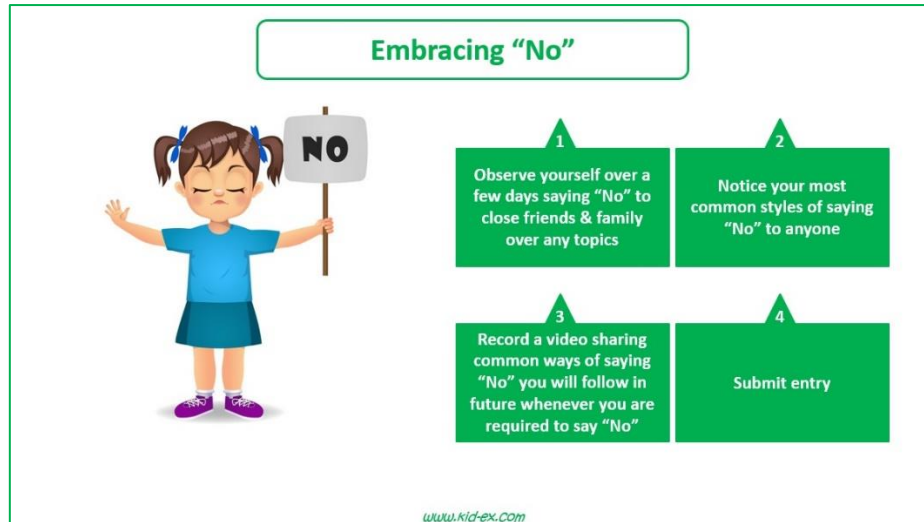
1 May 2021 - 31 July 2021

Self-Learning Manual: Activity 13

Socio Emotional:

Embracing No

Age: 12-14 years



Activity description

Saying "No" is an important skill to have in life – it does not mean Say "No" to everything but means knowing what is priority for yourself and committing to things which are doable & manageable without failing on promises. Yet most people do not have this skill and feel saying "No" will make them look bad.

The child is required to observe self over a few days to realize how frequently does the child say No, which are the things to which the child says No, which things the child wanted to say No to but ended up not saying No, what are the common ways of the child to say No & how does the person hearing No reacts.

Basis all these observations, the child is required to record a video of self sharing 3 ways in which the child would say No to anyone in future when the child wishes to say No. Each of the 3 ways should be unique, be articulated such that the No message is clear (with/without explicit mention of No), includes a short crisp reason for No & lastly, has a short addendum to the message to help the recipient of the "No" feel that you care/wish well. Remember these styles of No are for when you are required to say No to people close to you & not strangers. Reading/prompts are not allowed.

Record the video at one go. No video editing or part recordings are allowed. Whenever the child is ready, record the video of the child & submit. Ensure total video length (even for Ex) is less than 150 seconds.

Assessment guidelines

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

M = Master
(100%)

The child can share 3 unique ways of saying No following the 3 part structure of (1) Clear articulation (2) Crisp reason & (3) Displaying you care/wish well

The child can share 2 unique ways of saying No following the 3 part structure of (1) Clear articulation (2) Crisp reason & (3) Displaying you care/wish well

I = Intermediate
(80%)

B = Beginner
(50%)

The child can share 1 unique way of saying No following the 3 part structure of (1) Clear articulation (2) Crisp reason & (3) Displaying you care/wish well

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 5 unique ways of saying No following the 3 part structure of (1) Clear articulation (2) Crisp reason & (3) Displaying you care/wish well

Expert coach speaks

Many of us feel compelled to agree to every request, and would rather juggle a million jobs than refuse to help, even if we are left with no time for ourselves. But learning to say no can earn you respect from yourself as well those around you. People struggle to say No for fear of being disliked, criticized, or risking a friendship. But, in reality, the ability to say no is closely linked to self-confidence & self-esteem. Such people tend to rate others' needs more highly than their own. Being unable to say no can make you exhausted, stressed and irritable.

Learn to say No & also, know when should you say No & How. These aspects are important for your SQ & EQ.



Key benefits of this activity

The activity benefits in many ways:

- Allows you to identify your priorities & focus on them
- Makes your “Yes” more treasured & valuable
- Empowers you as you can make best use of your time
- Improves self-confidence & self-esteem
- Establishes healthy relationships & eliminates exploitation
- Improves happiness & reduces stress/anxiety

Common mistakes to avoid

- *Don't be sorry or feel guilty to say No*
- *Know difference between right & wrong reasons for saying No*
- *Do not take Nos personally but factually*
- *Not articulating No properly – ensure No helps the recipient appreciate priorities & not take it for negotiation*

Useful web resources

- [Saying No makes you a better person](#)
- [Saying No without being rude](#)
- [TedX talk: Art of saying No](#)
- [15 ways of saying No](#)
- [Saying No politely](#)
- [Saying No is Hard. Easy tips.](#)
- [Handling No when someone says No](#)
- [Global celebrities talking about Why learning to say No is important](#)

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