

# KidEx Do-It-Yourself National Challenge 2020

## Activity description and self-learning manual

### Activity: Record a video of the child introducing himself/herself | 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 rehearse introducing himself/herself to others. The child should be comfortable interacting with new individuals/kids and should be able to introduce himself/herself without feeling shy or introvert.

Let the child pick any 4 lines which the child can use to introduce themselves. Most common examples are:



Encourage the child to rehearse speaking the sentences at the right pace & with appropriate loudness.

Let the child do this as a playing session for a few days. Whenever you think the child is ready, record a 30-second-long video of the child indulging in this activity and introducing himself/herself to another person. Submit the entry as per the guidelines.

You may share the images 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.

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## 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](#)
  - 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. 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/challenges in this activity are:

1. Child is not in the right mindset while playing. They will learn and enjoy the process if they are in a happy mood.
2. Child's personality is shy/introvert and the child does not like this activity
3. The child has not thought through what he/she wants to speak
4. The child is trying to remember the exact lines/sentences rather than the key set of messages
5. The child has forgotten, and the parents start prompting to let the child lip-read
6. The child's mind has hopped on to something else during the exercise

Key coaching tip for this exercise is that get the child excited about the exercise. May be play a video like this: <https://www.youtube.com/watch?v=KCZAtgacc7I> to get the child interested in the event.

Help the child first pick 4 key messages that the child has internalized already, and which make sense to include in their introduction e.g. name of child, age of the child, food the child likes etc. Then, frame simple 3-4 words long sentences to deliver such message – try to keep the tense and grammar of the sentence simple.

Now, let the child practice each of the sentences one by one at his/her own pace. Once the child is comfortable with all the sentences on a standalone basis, encourage the child to share those sentences in sequence with ease.

If the child is forgetting the sentences, take "time out" but do not prompt. Remind the child about the message (not the sentence). And encourage the child to try again. If the child is losing interest, ask the child to go & play his/her favorite game for a while and then, come back to try this.

Once the child has perfected this, encourage the child to introduce himself/herself to anyone new who visits you (it will soon begin again) rather than being asked to introduce himself/herself.

Key benefits of this exercise are:

1. Introducing oneself is the most common ice breaker to initiate a conversation with any new person. Learning the same would be helpful for the child as the child gets introduced to new kids & adults at home, school, birthday parties etc.
2. Helps a shy/introvert child to begin the journey towards adopting certain extrovert traits.
3. The child can distinguish between message in a sentence from the sentence thereby, improving communication skills.
4. The child's confidence improves.

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## 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 introduce himself/herself using at least 4 proper sentences within 30 seconds
2. Intermediate (I): 80% score
  - a. The child can introduce himself/herself using at least 4 proper sentences but in more than 30 seconds
  - b. The child can introduce himself/herself using 3 proper sentences within 30 seconds
3. Beginner (B): 50% score
  - a. The child can introduce himself/herself using 3 proper sentences but in more than 30 seconds
  - b. The child can introduce himself/herself using 2 proper sentences within 15 seconds
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.