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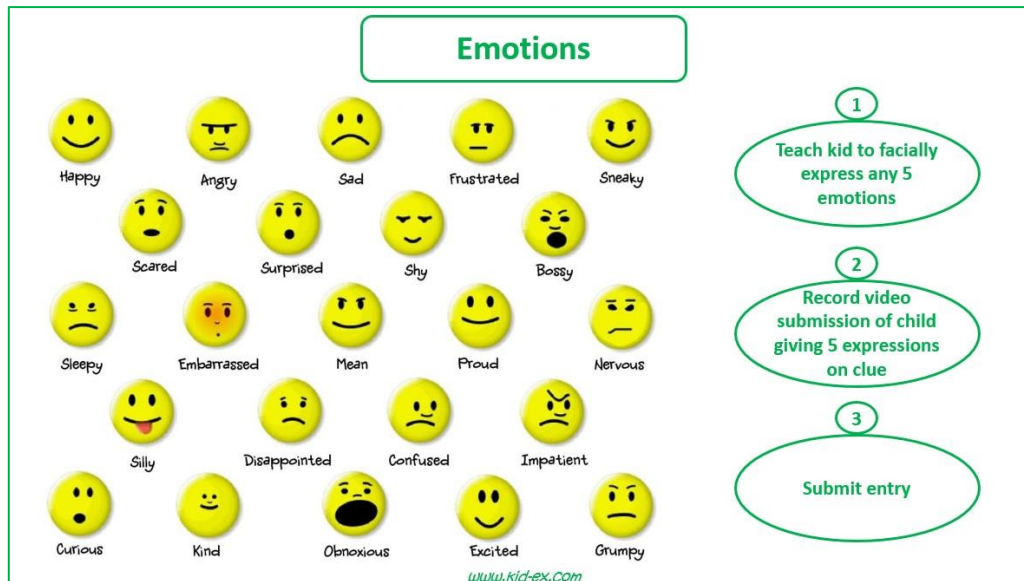
National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 10
Socio-emotional skills:
Emotions
Age: 4 years

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Activity description

The child is required to facially express five unique emotions.

Ability to express emotion & read other person's emotions are both an important skill set & the current activity tests a child's ability to properly express an emotion using facial expression.

The child is encouraged to pick any 5 emotions out of the multiple emotions which anyone daily experiences in their life, most common being – Happy, Sad, Angry, Fearful, Surprised, Shocked, Disgusted, Contempt, Jealous, Peaceful etc.

The child may be allowed to observe a few videos in the web resources section to better appreciate the subtle differences between different emotions.

Record a video of the child expressing the 5 chosen emotions on clue (by parent/someone) and submit it as per the guidelines. Note that only one video should be made for the activity.

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 express five emotions correctly.

The child can express four emotions correctly.

I = Intermediate
(80%)

B = Beginner
(50%)

The child can express two emotions correctly.

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 express a total of 7 emotions correctly.

Expert coach speaks

Humans are made up of complex emotions. At times we feel an emotion strongly, but we do not know the right way to express it. In such a case, we either keep quiet or resort to non-verbal communication. It is true that there is no one single way to express a particular feeling and yet we can figure out if someone is happy, sad or angry. This is because the person can express those emotions effectively through words or gestures. Expressing in the right manner not only allows us to vent out our repressed feelings but enables us to receive the required response from others. It also paves way to self-knowledge and strengthens the bond between two individuals.



Key benefits of this activity

The activity benefits in many ways:

- Provides knowledge of different emotions
- Promotes freedom of expression
- Allows to carefully pay attention to a particular emotion
- Encourages to gain self-knowledge
- Makes sensitive to emotions by heightening the EQ or Emotional Quotient

Common mistakes to avoid

- *Expressing two different emotions in the same way*
- *Lacking patience and not practicing enough to express a particular emotion*

Useful web resources

- [Seven emotional expressions: Beautifully explained & demonstrated](#)
- [Social skills through facial expressions: Acting classes](#)
- [Short animated movie showing multiple emotional expressions of a kid](#)
- [30 emotional expressions](#)

To submit your entry, visit our website (www.kid-ex.com). Submissions will start from 11 Dec 2020 & continue till 28 Feb 2021. For any queries, email us at info@kid-ex.com.

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