

ATAL INNOVATION MISSION

ATL DIY Inter-School Challenge

Theme: Innovation & Empathy

12 October 2020 – 11 December 2020

in association with




Self-Learning Manual: Activity V

Socio-emotional skills: Acting & role plays


Std.: IV-V

Activity description and self-learning manual

Activity V: Click images showing 18 different emotions




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ATAL INNOVATION MISSION



ATL DIY Inter-School Challenge 2020

Theme: Promoting Innovation & Empathy





Socio-emotional skills



Acting & role plays

Std. IV-V



Activity V : Click images showing 18 different emotions

Happy
Sad
Calm
Proud
Confident
Scared
Joyful
Bored
Shy

Surprised
Annoyed
Sympathy
Confused
Enraged
Shocked
Angry
Nervous
Guilty

Display each emotion through facial expressions. On perfecting the expression, Click an image for each emotion. Save each of the file with file name as Yourkid's1stName_EmotionName. Upload the images.

www.kid-ex.com

Skill development milestone (9-11 years)

Closeness towards family start to vary across boys and girls. Most girls are very loving toward their families and nurturing to younger brothers and sisters and to pets. Boys may start to build stronger ties with friends and classmates, and group identification and peer pressure continues to grow at this age. For both boys and girls, conflicts with siblings may happen more often. They continue to get along well with parents, eager to please.

Friends are important, but with more arguments than before. Caring about what others think is more common. They are old enough to enjoy team sports, even though they are still learning more complex skills. Romantic interest in others might start to emerge around this time.

Generally, they are dependable and can be trusted with basic responsibilities. Though, will use physical complaints as a means of getting out of undesired tasks.

As their body develops, body image might start to become an issue. They may be more sensitive or get discouraged easily or become more self-conscious about their body. Ongoing body change can lead to problems like eating disorders and body image issues. Some may start to experiment with riskier things, such as substance abuse, smoking, or self-harm. With puberty around the corner, he may have more mood swings. They can have a short temper but have learned to adjust anger levels according to the appropriateness of the situation. They tend to display anger physically by hitting people/objects, throwing things, or slamming doors. Often critical of others, stubborn, and egotistical. Their overall disposition will still tend to be cheerful and fun oriented. They will often display an intense revulsion of the opposite gender.

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The child has a strong sense of right and wrong. But emotional ups and downs of adolescence may disrupt sense of right or wrong from time to time. They may start to assert their identity and push back against parents' authority, leading to potential conflicts. They might start trying to emphasize their individuality by changing how they dress, what they listen to, watch or read, or how they look.

Activity description

The child is required to facially express 18 different emotions. The emotions are: Happy, Sad, Angry, Joyful, Surprised, Confused, Scared, Calm, Shocked, Bored, Nervous, Annoyed, Proud, Confident, Enraged, Shy, Guilty & Sympathy.

You may yourself express the emotion in front of the child & encourage the child to copy the expression. Or, the child may see a screen shot of the emotion in digital / print form as well. Once the child starts imitating the expression, ask the child to assign a name to the expression e.g. Happy face. Once the child has become comfortable with the expression, ask the child to express the emotion on reference to the expression name.

Do this exercise as an engagement exercise with the child for a few days. Whenever you think the child is ready, click one image each of the emotions expressed by the child. Rename each of the file as "Child's1stName_EmotionName" e.g. "Veehan_Happy.JPG".

The images should be submitted as an entry as per submission guidelines.

Feel free to participate in the same activity with your child.

Evaluation guidelines

The maximum point for this activity is 20. Every entry would be rated as either:

1. Master (M): 100% score
 - a. The child can express all 18 emotions correctly.
2. Intermediate (I): 80% score
 - a. The child has expressed 15 emotions correctly.
3. Beginner (B): 50% score
 - a. The child has expressed 12 emotions correctly.
4. Not applicable (NA): 0% score
 - a. All other submission cases
 - b. No submission

Self-learning manual

Common mistakes in this activity are:

- Not knowing the difference between the facial expressions for different emotions.
- Unable to copy an expression due to face muscles being stiff / inflexible / untrained.
- Not knowing the meaning of the emotion leading to incorrect use of the expression in social setting.
- Child is not in the right mindset while learning. They will learn and enjoy the process if they're in a happy mood.

Key coaching tip to excel in this exercise is that first introduce the child to the expression. You can use emotion charts and pictures to make this introduction. Then, associate the expression with an emotion. Explain to the child the meaning of the emotion by referring to any instance which the child can relate with (real for younger kids & even hypothetical ones for elder ones). Encourage the child to think of the emotion and associate them with the instance when they experienced that emotion.

It is a good idea to reflect with child every few days regarding which all emotions/feelings did he/she and you experience that day. If you walk the child through the emotions that they're feeling instead of trying to appease a child at any cost then they can learn to box feelings up.

Sample images for the 18 emotions:

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1. Happy



2. Sad



3. Angry



4. Joyful



5. Surprised



6. Confused



7. Scared



8. Calm



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9. Shocked



10. Bored



11. Nervous



12. Annoyed



13. Proud



14. Confident



15. Enraged



16. Shy

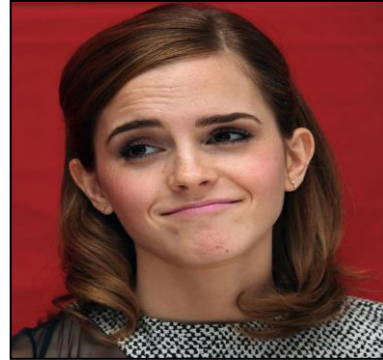


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17. Guilty



18. Sympathy



Key benefits of this exercise are:

1. Ability to choose whether to express emotions or regulate them.
2. Person can regulate emotions and prevent them from getting worse if he/she can perceive the distinction in each negative emotion they feel.
3. Helps reduce stress and anxiety. It aids the person to walk through negative emotions by simplifying them into pieces they can solve/manage.
4. Prevents extreme or violent behavior because they understand how they feel & what needs to be done to not cause harm.
5. Inculcates healthy communication at home, among friends and in other social circles. By emotion identification, a person can be trained to see the problem in new light and express accordingly. They can help people around them to do the same.
6. Improves social relationships and interactions of a person as they interact with complete understanding of the complexity of emotions.
7. Ability to differentiate emotions reinforces emotional intelligence and self-regulation of emotions.
8. Helps in better decision making and problem solving as enables person to bring objectivity or subjectivity as desired on any topic.

Submission guidelines

Key guidelines for submission:

- You have to send child's 1 picture for every emotion or you can send a collage of all pictures
- Submit the video on:
 - KidEx website
 - Visit [here](#) & upload the files following the instructions

Feel free to share the video with family, relatives, and close friends as you desire using [KidEx app](#). [KidEx app](#) allows you to add any family member, friend or relative as 1st Circle, 2nd Circle or 3rd Circle in the app itself & mark every post's sharing circle i.e. share with 1st Circle only, or 1st & 2nd Circle, or 1st, 2nd & 3rd Circle. You can post the videos from [KidEx app](#) on social media platform of your wish as well.

KidEx app is a private sharing app which enables you to store images/videos of the growing kid at one place & access them easily. The app makes it super convenient for family members & closest friends to access images/videos of the kid as every kid has a dedicated page (if created by their parents). You may save kid's art work, performances, achievements proofs, medical records etc. conveniently in one place.

You can download KidEx app by clicking [here](#)

For any queries, you may email us at info@kid-ex.com.