



ATAL INNOVATION MISSION

ATL DIY Inter-School Challenge

Theme: Innovation & Empathy

12 October 2020 – 11 December 2020

in association with



Self-Learning Manual: Activity XIV

Socio-emotional skills: Thank you & empathy

Std.: IV-V

Activity description and self-learning manual

Activity XIV : Record unique, video “Thank You” messages



ATL DIY Inter-School Challenge 2020

Theme: Promoting Innovation & Empathy

Socio-emotional skills

Thank you & Empathy

Std. IV-V

Activity XIV : Record unique, video “Thank You” messages



Record a one-liner thank you video/audio message :
For 10 people

Each thank you message should be for a different
Cause/reason

Share it with the concerned person; submit the
recorded Video

www.kid-ex.com

Activity description

The child must record video messages thanking 10 unique people for something which the child is grateful. The 10 messages must be unique i.e. the child cannot thank different people for the same thing & the message has to be one sentence long.

Let the child share the video with each of the persons for whom the child has recorded the message. The child should also, submit the 10 video messages as entry for the activity.

Submit the entry as per the guidelines.

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 record 10 unique messages.
2. Intermediate (I): 80% score
 - a. The child can record 8 unique messages.
3. Beginner (B): 50% score
 - a. The child can record 6 unique messages.
4. Not applicable (NA): 0% score
 - a. All other submission cases
 - b. No submission

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Self-learning manual

Common mistakes/challenges in this activity are:

1. Child is not in the right mindset.
2. Child is too shy to be able to express himself/herself.
3. The child fails to appreciate kind gestures of others & takes them for granted.

A sample “thank you messages” video can be seen [here](#).

Key benefits of this exercise are:

1. Promotes verbalizing your emotions. This can create a positive feedback loop.
2. Gratitude relieves stress and can make you feel more positive emotions.
3. Boosts production of feel-good hormones-dopamine and serotonin by the brain.
4. Can help you calm down and manage yourself when you are triggered, overwhelmed, anxious, sad, or angry.
5. Strengthens social relationships and might help understand others better.
6. Gratitude helps you value what you have and be empathetic to what others do not have.
7. It makes you more altruistic, happy, kind, giving and less materialistic or selfish.
8. Improves sleep, makes you exercise more, reduce pain, lowers blood pressure, and improves immune system.

Submission guidelines

Key guidelines for submission:

- You can record one common video of the child for this activity
- Aim to keep the total video size less than 20 MB
 - Android users can install & use [Camera MX player](#) to record smaller size video files
 - Iphone users can change resolution setting by going to Settings -> Camera & selecting lowest resolution from “Record Video” option
- 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.