Day in the life of an 8 year old

0500	0600		0700	O	800	0900		1	100
Alarm rings at 6:00AN Mom comes & calls Ri to wake up Mom reminds him aft 20 mins Rahul doesn't get up	ul grudgingly gets up. He washes his face with cold water and this	 Rahul is given warm milk and this calms him a little. He is given nutella sand- wich for breakfast. Rahul plays with his car while eating bf. He is told to pack his bag. He says its packed already because he wants to continue playing. Mom tells him there are two book lying on the table and asks him to put them in. He leaves his car and puts the books in the bag along with the tiffin box and bottle. He puts his ID card near the shit pocket Rahul wants to take his car to school, but mom says no. 	 dragged out of the house. He sees his friend and stops shouting. Still angry that he didn't get to take his car. His mother tells him to look at how well behaved the other kids are. He sulks and waits for the bus while kicking stones. The bus arrives and the kids run to the door. Rahul pushes some kids to go ahead. He enters the bus and sits next 	The bus arrives at school and stops in front of the gate. The students get off and walk towards the gate in a line. The enter by flashing the ID card at the machine. The kids are running around playing cops and robbers. Charan pushes Rahul in an attempt to catch him. The PT teacher whistles for the students to form a line for the assembly. Rahul is hurting now. The morning prayers are said and the students head to class.	Maths Class Teacher asks Rohan a question. Rohan can not answer it. Rahul is able to answer it. He gets happy and cocky. Taunts Rohan for not being able to answer. Rohan being a quiet boy ignores him.	 English Class Class teacher asks for siganture of previous day's diary note. Rohan hasn't gotten it signed. He is reprimanded in front of his friends for that. English Class Charan taunts him for not getting the diary signed. Surprise dictation test. Rahul doesn't do well. Charan scores full. Rahul gets annoyed and gives charan a punch. The teacher notices this and makes him stand for the rest of the class. This makes him angrier at Charan 	Library While walking to the li Rahul pushes Charan staircase. Charan just manages himself from falling do stairs. Rohan sees this and t what he did was wrom Rahul tells him he's no friend if doesn't suppor hating Charan. Rohan tells him he wo people simply becaus him to. This makes Rahul ever annoyed. Rohan doesn't want to him and chooses to si Charan. Rahul gets angry and read the book he has	near the home. Sees that 0 has Nutella Goes over pushes Ch the bushes eats his SV ot a true ort him in on't hate se others tell on more o sit with it with is unable to	PBJ fr t Chai ella SV er and Charar es an

Emotions

	Sleepy	Cranky	Calm	Peeved	Excitement	Eagerness Ap	oprehension/Fear	Aggression	Aggravated
	Cranky	Нарру	Нарру	Frustrated	Adrenaline Rush	Јоу	Aggravated	Gratified	Aggression
		Annoyed	Slight annoyance		Anger	Egotistic	Jealousy	Annoyed	Acts out -> Triu
			Excitement	Aggressive	Frustration & Grudge		Aggression	Bitter	
		Rebellious	Furious	Blissful> H	Prayers -> calm		Frustration/Anger		
Positive									
Neutral	•								
Negative									

Touch Points

Touch Points								
Alarm clock								
Pillow								
Bed Sheet								
Bed								
Тар								
Sink								
Mirror								
Towel								
Brush								
 Shower/Bath Tub Sale a shuhifa ma 								
 School Uniform Milk Glass/ Normal Glass 								
 Plate/ Bowl 								
 Dining Table 								
Chair								
 Toy Car)				
 School Bag 								
 Tiffin Box 								
Bottle								
🛑 ID Card								
Bus Door					•			
Bus Tings								
Text Book								
Class Books								
Diary								
Desk								
School Chair								
 Library Counter 								
Pencil Box								
Paint Box								
Black board								
Black Board Marker								
 Football (Origami) Paper 								
 Home Door 								
 TV/iPad/iPhone 								
 Cricket bat 								
Cupboard								
 LEGOs 								
Soft Toy								
😑 Bathroom Floormat			•					
Study Table								
Sofa/Chairs in the house								
Miscelanious environment								
Pain Points								
Famronics								
	Doesn't want to get up.	There is a lack of communication.	Unable to understand that he can't take toys to	Is in a bad mood but is under societal pressure to	Lack of communication prevents resolution of	Is unable to talk to parents.	Violent antisocial tenden- cies and lack of empathy.	Lack of empath and no cocern f
	Alarm makes him cranky.		school.	behave well.	fights.			the well-being o
				Does not notice that he is		Is negected by teacher except for being repri-	Unable to control himself in a heated situation.	others.
				hurting people in his		manded.		Can't stand not
				excitement/ while get things his way.		Is easily influenced by		getting what he wants.
						others.		
Goals/Insights								
Goals/ Insights								
	A different way to wake	There is a need to communicate the urgency of getting ready so as		Increasing social engage-	Increase communication in children	Improve communication	Help manage anger.	Introduce empa
	up other than an alarm.	not to miss the bus.		ments.	in children	between parents and child so that the child	Chanel anger into positivity.	Something to b
		Overall communication/ aware-		Bring about empathy to prevent hurting others -		feels comfortable in confiding anything to the		about individua
		ness for hygiene?		teach about empathy or		parents.		
				develop through actual life experience.		Ensure teachers have		
						equitable interactions		

Ensure teachers have equitable interactions with students.









1700 1800 1900	2000	2100	2200	2300	0000	0100	0200	0300
his mother asks him why e middle of s them tohome. The mothers ask the two of them to say sorry to each other.locks it.to talk with R He throws a few things around and breaks his Lego toy.b his mother asks him why e middle of two of them to say sorry to He tells her other kids "suckhome. The mothers ask the two of them to say sorry to each other.home. The mothers ask the He throws a few things around and breaks his Lego toy.to talk with R She tells him wasn't the right	er, his mom comes Rahul. In hitting Rohan In hitting to do. In a glass of water In a glass of water In hitting Rohan In hitting to do. In a glass of water In a glass	ne the bag. no. But he has packed for the ing. wrong day in his frustration.						
Id that is no way towrong.bout friends andHe is told that he has to sayshould go back tosorry or else he loses TV	n to calm down. them that Rahul pulled the plants out. plants out. Pack his bag for school. Rahul gets angry and go to his room.	alarm to wake up in the						
t need toHis mother calls up Rohan'sThis makes Rahul frustratedecause hemother and tells her thatand he lashes out at Rohan.of them.Rohan and his friends didn'tHis mother pulls him backalk backallow Rahul to play withand slaps him. She appolo-		the blanket over and falls asleep.						
out the d throws								

Enth	nusiastic	Res	entment	Revulsion		Aggravated	Sad		Excited for dinner	Frightene	I	Aggression
Auth	noritative	Bitte	erness	Grumpy		Frustrated		Calm & tired	Confusion	Anger		Frustrated
S	urprise ->Anger	D	esolation	Frustratio	on/Confusion	Rejected			Fear			Tired
	Spite			Outrag	е	Isolated			Anxiety			Cranky
d	Vengeful			An	guish							

without any resolution. for.

Improve social interactions.....Help child understand when....Detect when child is tired
and assist in such situations.Introduce the concept of
social structures and that the
world isn't centred around
one person.aggression.Trigger and also seen as a
normal way to deal with
situations.Help resolve heated situa-
tions.Detect when child is tired
and assist in such situations.