



INTERNATIONAL EXHIBITION & SYMPOSIUM ON PRODUCTIVITY, INNOVATION, KNOWLEDGE & EDUCATION

**“Optimizing Innovation in Knowledge, Education and Design”**

## ***EXTENDED ABSTRACT***



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Assalamualaikum warahmatullahi wabarakatuh,



First and foremost, I would like to express my gratitude to the organizing committee of i-Spike 2023 for their tremendous efforts in bringing this online competition a reality. I must extend my congratulations to the committee for successfully delivering on their promise to make i-Spike 2023 a meaningful event for academics worldwide.

The theme for this event, 'Optimizing Innovation in Knowledge, Education, and Design,' is both timely and highly relevant in today's world, especially at the tertiary level. Innovation plays a central role in our daily lives, offering new solutions for products, processes, and services. By adopting a strategic approach to 'Optimizing Innovation in Knowledge, Education, and Design,' we have the potential to enhance support for learners and educators, while also expanding opportunities for learner engagement, interactivity, and access to education.

I am awed by the magnitude and multitude of participants in this competition. I am also confident that all the innovations presented have provided valuable insights into the significance of innovative and advanced teaching materials in promoting sustainable development for the betterment of teaching and learning. Hopefully, this will mark the beginning of a long series of i-Spike events in the future.

It is also my hope that you find i-Spike 2023 to be an excellent platform for learning, sharing, and collaboration. Once again, I want to thank all the committee members of i-Spike 2023 for their hard work in making this event a reality. I would also like to extend my congratulations to all the winners, and I hope that each of you will successfully achieve your intended goals through your participation in this competition.

*Professor Dr. Roshima Haji Said*  
RECTOR  
UiTM KEDAH BRANCH



## WELCOME MESSAGE (i-SPIKE 2023 CHAIR)



We are looking forward to welcoming you to the 3<sup>rd</sup> International Exhibition & Symposium on Productivity, Innovation, Knowledge, and Education 2023 (i-SPIKE 2023). Your presence here is a clear, crystal-clear testimony to the importance you place on the research and innovation arena. The theme of this year's Innovation is "*Optimizing Innovation in Knowledge, Education, & Design*". We believe that the presentations by the distinguished innovators will contribute immensely to a deeper understanding of the current issues in relation to the theme.

i-SPIKE 2023 offers a platform for nurturing the next generation of innovators and fostering cutting-edge innovations at the crossroads of collaboration, creativity, and enthusiasm. We enthusiastically welcome junior and young inventors from schools and universities, as well as local and foreign academicians and industry professionals, to showcase their innovative products and engage in knowledge sharing. All submissions have been rigorously evaluated by expert juries comprising professionals from both industry and academia.

On behalf of the conference organisers, I would like to extend our sincere thanks for your participation, and we hope you enjoy the event. A special note of appreciation goes out to all the committee members of i-SPIKE 2023; your dedication and hard work are greatly appreciated.

*Dr. Junaida Ismail*

Chair

3<sup>rd</sup> International Exhibition & Symposium Productivity, Innovation, Knowledge, and Education 2023 (i-SPIKE 2023)





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### ABSTRACT

The idea of Kids daily flip planner is created from a used calendar and turned into a useful planner that will be beneficial for children within the age of 6 years and above. Instead of throwing away the calendar, it is better that the calendar be recycled and be used for other new products like a planner. This used calendar is innovated into a planner that can help parents in planning their children's activities daily during weekdays, weekends and school holidays. The planner uses simple English language with translation of Bahasa Melayu and it includes pictures or images that are easy for children to understand. Kids daily flip planner includes activities throughout the day that can be a guide for children. Among them are daily activities from morning to noon, from noon to evening and evening to at night. Therefore, this planner is divided into several sections according to daily activities at a predetermined time. For example, the planner for the activities from evening to night during weekdays will start with sport activity, taking bath, prayer, dinner, doing school work, packing the school bag, brushing teeth and going to bed. By looking at this planner, children will do their activities as directed in the planner without supervision by their parents. There are five different daily activities that parents can choose from this planner. Just like a calendar, this planner can be folded and flipped, it can stand on its own and is easy to carry anywhere. Physically, this planner has ergonomic features as it was made of hard paper and has a binding ring where it is durable and not easily damaged. Apart from that, this used calendar has been improved by putting a plastic on each page of the calendar to make it easier for children to write down or tick the activities they have completed. Therefore, this planner will come with an erasable marker pen that can be written on a plastic surface. Other features will be the colorful words and interesting images that may be easier to be understood and to be remembered by the children. Indirectly, the Kids daily flip planner acts as a guide for children to become independent and self-confident. Besides that, children will become more disciplined and organized in managing daily activities without parental guidance. For busy parents, the Kids daily flip planner will be a useful resource in educating their children to manage time with beneficial activities. In addition, with the Kids daily flip planner, parents do not have to worry about directing their children's activities all the time because their children can follow the instructed planner by themselves.

**Keywords:** Used Calendar, Recycle, Kids Planner, Time management, Children Development



## INTRODUCTION

Time management is the process of organizing and planning how to divide your time between different activities. According to **Oliverio, Pasewark and White (2019)** time management is the process of planning activities to gain better control over how you spend your time. Time management is a skill that an individual must comply with whether it is an adult or a child. Time management needs to be practiced from a young age so that the children can manage their time independently without being told by their parents. This practice will continue from a young age until they are becoming a working adult, where time management in the workplace is also considered important.

Time management for children is very important because children's time at home after the school session can be filled with valuable activities and help to manage the housework as done by their parents. Indirectly, it also helps to reduce the burden of housework for their parents, especially working parents who do not have much time. **Christensen (2002)** stated that Children's time at home was shaped by everyday family routines, household chores and their parents' work patterns. Moreover, children also contributed to domestic work through regularly doing household jobs. These included making tea and coffee, setting the table, clearing up, washing up, hovering, running errands and walking their pet. They were also expected to keep their own rooms tidy.

To ensure that time management for children can be implemented perfectly, Kids daily flip planner was created. Kids daily flip planner is an innovative material that is made from a used calendar that is beneficial for children as it becomes a guidance or reference material for them when their parents are busy doing work. In addition, with this kids daily flip planner, children will become more independent, disciplined and organized in managing themselves without being directed by their parents all the time.

By having a Kids daily flip planner, it helps parents in managing children's activities, especially on the last day of school, during weekends and during the school holidays. **Lase, Zega, Daeli and Zaluchu (2022)** agreed that parents should engage children in other activities such as discussion, writing, drawing, dancing, and listening to excellent music to enhance their creativity, empathy, and language skills. **Lase et al. (2022)** added that parents need to make time for children to play or exercise and do not need to limit the place of children's learning at home; as far as possible, they can study anywhere at home.

For working parents, Kids daily flip planner may help them to control their children's activities when they go out to work. Meanwhile, parents who are with their children at home, it will be a useful tool to monitor their children. Among the advantages of this planner, indirectly, the good relationship between children and parents will be better and acquainted because the communication between them may occur as the child reports the activities they have completed. Moreover, according to **Lase et al. (2022)** building continuous communication between parents and children will significantly help children's intrinsic motivation to grow and be maintained.

## BACKGROUND OF STUDY

The idea of recycling paper has turned the used or old calendar into a Kids daily flip planner, which was innovated and designed specifically for children within age of six (6) and above. This planner may contain several activities in a day, which a child may refer to as a guide in doing their routine activities without being directed by their parents. The planner is useful to both children and parents. Parents can do their household activities without being stressed of looking after their children, and at the same time their children also can do their routine activities as referring to the planner's activity. Parents can choose which activities that they think are appropriate to be done by their kid on that day. During school holidays, parents can use this planner as their child's planner and at least the school holidays are spent

with fun and beneficial activities. **Oliverio, Pasewark and White (2019)** agreed that, by having this planner, a child would be able to learn on how to prioritize the activities by ranking the activity accordingly that should be completed first. In order to ensure that this learning process could be done successfully, parents must explain and discuss thoroughly with their children on setting the priorities and to finish the task in their priority order. Meanwhile, **Averill, Metson, and Bailey (2016)** agreed that parents' and families' involvement in children's learning positively will impact on children's accomplishments. This planner is not only specifically for a normal child, it also can be used by special children such as children with autism. Like normal children, autistic children are also able to manage themselves if they are taught and trained to use this planner. With a planner like this, it helps children become more disciplined and organized in managing daily activities without parental guidance.

### PROBLEM STATEMENTS

In the digital era and coupled with the pandemic that has hit the world, managing children's activities is very important because at this point, most of the children's activities are carried out at home. **Javier, Luisa, Victor, Alberto and Gabriel (2021)** mentioned that parents play an important role in the management and development of their children, especially the activities done at home, which should be filled with beneficial and quality activities. During a pandemic, parents are with their children at home, and most of their daily activities can be done together (**Stienwandt, Cameron, Soderstrom, Casar, Le & Roos, 2022**). However, after the pandemic, things are starting to change to new norms and parents still need to monitor their children's activities at home after returning from school. At home, children need to be taught and trained to carry out daily activities by themselves, so that parents do not need to remind them at all times. **Christensen (2002)** agreed that for working parents, they need to work in the office like usual and their time at home becomes shorter and daily activities with their children become less. Therefore, with a planner, at least, children are able to manage their own activities and become independent in carrying out tasks as instructed in the planner that was provided or chosen by their parents. According to **Stienwandt et al. (2022)**, there are two categories of child activities during the pandemic of Covid19. There are hands-on play and screen time. The example of Hands-on activities is dancing or music activities, making meals or snacks together, arts and crafts, and playing toys meanwhile screen time activities included watching television or movies together, connecting with family or friends over the phone or video chat, and playing games on a tablet/phone/computer. These two types of activities are not balanced where children are spending more of their time on screen time especially playing games on their tablet, phone or computer. This study was supported by **Trina and Jennifer (2018)** where many parents (79%) identified a number of potential risks of screen time while several parents (32%) were concerned about the risk involved in screen time becoming a habitual behavior. Non-educational screen time was presumed to be less developmentally supportive due to research demonstrating higher screen time's association with reduced parent-child engagement, creative play, more behavioral problems, poorer vocabulary, and delayed achievement of developmental milestones (**McArthur et al., 2021; Vandewater et al., 2006**).

### NOVELTY AND UNIQUENESS

Kids daily flip planner is designed with simple language of English with translation of Bahasa Melayu. There are attractive colorful pictures or images where children may find it easy to read and understand. It also provides numerous commands using colors and images and it is believed that by using colorful images, it will help to improve memory and speed up



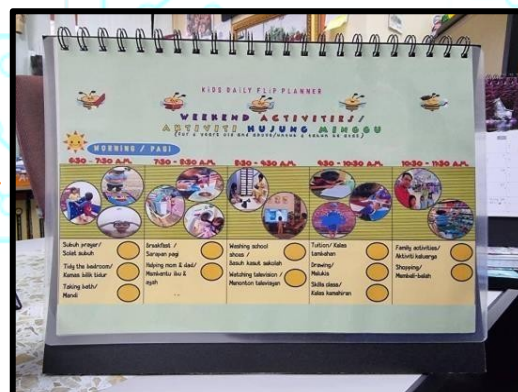
the process of understanding the activities that should take place. The planner could stand by its own and be flipped for more choices of daily activities. One erasable marker pen is provided with the planner, where it allows children to write or tick on the activity that has already completed. In addition, physically the size of this planner was easy to carry anywhere at any time. Kids daily flip planner has various activities throughout the day that can be a guide for the children. Among them are daily activities from morning to noon, from noon to evening and evening to at night. Therefore, this planner is divided into several sections according to daily activities at a predetermined time. For example, the planner for the activities from evening to night during weekdays will start with sport activity, taking bath, prayer, dinner, doing school work, packing the school bag, brushing teeth and going to bed. By looking at this planner, children will do their activities as directed in the planner without supervision by their parents.

### POTENTIAL COMMERCIALISATION

Kids daily flip planner benefits all parents who have children over the age of six, and it is suitable for use by special children such as children with autism. In addition, Kids daily flip planner can be used in kindergartens and nurseries to train children to learn to be independent in self-care and manage free time after school hours or during school holidays. Kids daily flip planner is an educational material in time management and self-management for children. It can be marketed because it is one of the needs for parents or guardians in managing the daily activities of children when they are busy working at home or in the office. In addition, Kids daily flip planner could be used as a teaching and learning material in nursery or kindergarten schools.



Figure 1: Old/Used Flipped Stand Calendar



**DO NOT THROW**

Figure 2: Innovation ideas : Kids Daily Flip Planner



**Figure 3: Kids Daily Flip Planner (Sample of Morning Activity)**

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