



SUPAR SCHOOL
SUDHEER PARALLEL SCHOOL
— A DIGITAL GURUKUL —



SUMMER PLANNER OF 10-12 AGE GROUP

Weekly Highlights:

- **Monday:** Leadership & Communication Activities
- **Tuesday:** DIY Science & Technology Experiments
- **Wednesday:** Creative Writing & Storytelling
- **Thursday:** Outdoor Adventure & Team Activities
- **Friday:** Entrepreneurship & Financial Literacy
- **Saturday:** Cultural & Ethical Learning
- **Sunday:** Social Responsibility & Community Service



SUDHEER SANDRA

Psychologist, Career Growth Coach,
and behavioral skills coach



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Daily & Weekly Routine:

- **Morning:** Yoga, stretching, followed by goal-setting for the day.
- **Mid-Morning:** Academic engagement like book reading, advanced puzzles, or coding challenges.
- **Afternoon:** Hands-on skill-building such as DIY electronics, cooking, or debate practice.
- **Evening:** Outdoor activities like cycling, athletics, or group sports.
- **Night:** Reflection and journaling about daily learning and achievements.



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Engaging Activities:

- **Creative:** Scriptwriting, filmmaking, comic creation.
- **Cognitive:** Escape room puzzles, memory challenges, and research-based projects.
- **Physical:** Advanced yoga, martial arts, or parkour basics.
- **Social & Emotional:** Debates, leadership activities, and team-building exercises.

Educational & Skill-Building Tasks:

- **Critical Thinking & Problem Solving:** Solving real-world problems through case studies.
- **Coding & App Development:** Introduction to Python, Scratch, or block-based programming.
- **Financial Literacy:** Learning investment basics, budgeting pocket money.
- **Public Speaking & Debate:** Enhancing confidence through structured speech practice.



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Family Bonding & Social Skills:

- **Cooking Challenges:** Making full-course Indian meals with parents.
- **Cultural Exchange:** Learning a new Indian language or folk dance.
- **Home Science:** Basic home maintenance skills like fixing a bulb or organizing spaces.
- **Community Engagement:** Participating in neighborhood clean-ups or charity drives.



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Physical Fitness & Outdoor Play:

- **Outdoor Adventure:** Rock climbing, trekking, or community sports competitions.
- **Indoor Workouts:** Bodyweight exercises, flexibility training.
- **Traditional Games:** Chess, archery, or Indian games like Kabaddi and Kho-Kho.
- **Yoga & Mental Focus:** Advanced asanas and concentration techniques.

Technology & Screen Time Management:

- **Digital Creation:** Designing presentations, blogs, or YouTube videos.
- **Regulated Usage:** Allocating productive and entertainment screen time.
- **Safe Internet Practices:** Educating about cybersecurity and responsible social media use.



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Hobbies & Passion Development:

- **Music & Arts:** Learning an instrument, advanced painting techniques.
- **Writing & Blogging:** Creating short stories, blogging on personal interests.
- **Entrepreneurship:** Selling handmade products online or in community markets.
- **Science Exploration:** Building working models or conducting research projects.

Mindfulness & Emotional Intelligence:

- **Journaling & Self-Reflection:** Daily gratitude and learning reflections.
- **Meditation & Deep Breathing:** Advanced mindfulness exercises.
- **Conflict Resolution Practice:** Learning negotiation and peacemaking skills.
- **Emotional Resilience Training:** Coping strategies for stress and peer pressure



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