



Summer Planner of 13-15 Age group

Weekly Structure

Monday: Academic & Future Skills Focus

- Emphasis on subject knowledge, online courses, reading
Career exploration and skill building
- Digital literacy and research skills

Tuesday: Physical Fitness & Wellbeing

Sports training or fitness routine

Nutrition knowledge and meal planning

Body awareness and health education



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Wednesday: Creative Expression

- Arts, music, writing, or digital creation
- Cultural arts exploration and practice
- Design thinking and innovation projects

Thursday: Community & Social Connection

- Community service or volunteer work

Social skills development

Leadership and collaboration projects



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Friday: Life Skills & Independence

- Financial literacy and practical life skills
- Home management and cooking
- Personal organization and planning

Saturday: Family Connection & Heritage

- Extended family activities and traditions
- Cultural learning and practice
- Intergenerational knowledge exchange

Sunday: Reflection & Preparation

- Weekly review and journaling
- Setting intentions for coming week
- Rest and rejuvenation activities

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Morning (7:00 AM - 12:00 PM)

- 7:00-7:30 AM: Wake up, personal hygiene
- 7:30-8:00 AM: Light exercise/yoga/meditation
- 8:00-8:30 AM: Breakfast and family check-in
- 8:30-10:30 AM: Focused learning/skill development time
- 10:30-11:00 AM: Break and refreshment
- 11:00 AM-12:00 PM: Creative or physical activity

Afternoon (12:00 PM - 5:00 PM)

- 12:00-1:00 PM: Lunch and relaxation
- 1:00-2:30 PM: Project work or hobby development
- 2:30-3:00 PM: Break and snack
- 3:00-5:00 PM: Social time or outdoor activities (weather per mitting)

Evening (5:00 PM - 10:30 PM)

- 5:00-6:00 PM: Family responsibilities and chores
- 6:00-7:00 PM: Dinner and family time
- 7:00-8:30 PM: Study or skill-building time
- 8:30-9:30 PM: Technology wind-down and relaxation
- 9:30-10:30 PM: Personal reflection, reading, and bedtime routine

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Creative Development:

- **Art & Painting:** Experiment with various art forms like sketching, watercolor painting, or digital art. Challenge them to create artwork based on cultural themes like Indian folklore or nature. **Writing &**
- **Storytelling:** Encourage writing short stories or poems. Prompt them with themes like "an untold story from Indian mythology" or "a contemporary Indian tale."

Cognitive Development:

- **Entrepreneurship Simulation:** Challenge kids to create a small business plan, such as launching a local handmade crafts store or an eco-friendly product line. Teach basic business concepts like budgeting, marketing, and sales. **Financial Literacy:** Introduce budgeting, saving, and investment concepts using tools like pocket money or digital apps. Discuss the importance of financial independence and planning.

Social & Emotional Development:

- **Volunteering:** Suggest volunteering for community initiatives like teaching underprivileged children, organizing charity events, or helping in local animal shelters.

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Technology & Screen Time Management **Balanced Screen**

Time: Limit Non-Educational Screen Time: Encourage no more than 1- 2 hours of recreational screen time each day.

Instead, channel their digital energy towards educational content such as learning apps, documentaries, or coding tutorials. **Online Classes & Workshops:** Enroll them in online workshops that align with their interests, like art classes, coding bootcamps, or entrepreneurial courses.

Digital Detox: **No-Screen Sundays:** Designate Sundays as a screen-free day, where the family engages in outdoor activities, cultural immersion, or mindfulness sessions together. **Technology-Free Zones:** Make certain areas of the house, like the dining table and bedrooms, tech-free zones to encourage face-to- face interactions.



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Physical Fitness & Outdoor Play

Indoor Physical Activities:

- **Yoga & Meditation:** Introduce them to advanced yoga postures (like Sirsasana, Trikonasana) or guided meditation to enhance focus and relaxation. Incorporate morning breathing exercises.
- **Home Workouts:** A structured workout routine including squats, push-ups, lunges, and jumping jacks. This can be done with minimal equipment (like resistance bands or dumbbells).

Outdoor Activities:

- **Sports:** Cricket, badminton, or football are ideal for outdoor play, offering both physical activity and teamwork. Organize mini-tournaments with friends or family.
- **Cycling or Hiking:** Encourage cycling around the neighborhood or hiking at local parks to promote outdoor exploration.
- **Nature Walks & Exploration:** Explore nearby forests or nature trails. This can also be an educational activity where they learn about plants, animals, and ecosystems.