



SUPAR SCHOOL
SUDHEER PARALLEL SCHOOL
A DIGITAL GURUKUL



SUMMER PLANNER OF 4-6 YEARS KIDS

Weekly Routine Highlights:

- Monday: Reading & storytelling
- Tuesday: Outdoor games & nature exploration
- Wednesday: DIY art & craft
- Thursday: Science experiments (simple home-based activities)
- Friday: Music & dance
- Saturday: Social skills & community learning
- Sunday: Cultural and festival-based activities



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Psychologist, Career Growth Coach,
and behavioral skills coach



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Sample Daily Schedule:

Morning:

- Wake-up routine (brushing, bathing, and breakfast)
- Yoga and stretching (basic Surya Namaskar, breathing exercises)
- Storytelling with moral values (Panchatantra, Akbar- Birbal tales)
- Learning time (alphabets, numbers, and simple words)

Afternoon:

- Lunch with family (learning table manners and self- serving)
- Quiet time (puzzle-solving, drawing, or resting)
- DIY crafts and creative activities

Evening:

- Outdoor play (running, cycling, hide-and-see, hopscotch)
- Music and dance (Bollywood, folk, classical moves)
- Family bonding games (charades, storytelling, board games)
- Bedtime routine (prayers, gratitude, and bedtime story)



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Engaging Activities

Creative Development:

- Paper folding (origami animals, paper boats)
- Clay modeling (making animals, vehicles, or dolls)
- DIY puppet making for storytelling

Cognitive Development:

- Memory games (spot the difference, matching pairs)
- Simple riddles and brain teasers Learning through flashcards (numbers, words, animals, etc.)

Physical Development:

- Balance games (walking on a line, hopscotch)
- Jumping, skipping, and running activities Dance-based movement games (freeze dance, rhythm claps)

Social & Emotional Development:

- Group play activities (team games, role-playing as a teacher, doctor, etc.)
- Learning expressions through storytelling Practicing sharing and gratitude (giving toys, saying thank you)



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Educational & Skill-Building Tasks:

Basic Learning Skills:

- Sight words and phonics
- Basic math (counting objects, number tracing, addition)
- Recognizing national symbols and their meanings

Early Financial Literacy:

- Sorting money (recognizing different coins and notes)
- Playing pretend store and making transactions

Simple Entrepreneurship:

- Selling homemade bookmarks or simple crafts to family
- Role-playing as a shopkeeper



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Physical Fitness & Outdoor Play

Indoor Games:

- Simple yoga poses (tree pose, butterfly pose)
- Balloon volleyball and indoor bowling
- Dancing with scarves and props

Outdoor Activities:

- Cycling and running races
- Gardening (planting seeds, watering plants)
- Playing traditional Indian games (Kho-Kho, Kabaddi)

Family Bonding & Social Skills

- Cooking with parents (making sandwiches, peeling fruits)
- Grandparent storytelling sessions
- Helping in household tasks (folding clothes, setting up the table)
- Celebrating family traditions (festivals, cultural rituals)



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Technology & Screen Time Management

- Screen time limit: 30 minutes max per day
- Encouraging digital learning games over passive watching

Hobbies & Passion Development

- Basic keyboard or drum beats
- Finger painting and Rangoli drawing
- Easy cooking (making lemonade, rolling chapati dough)
- Small gardening projects (growing a sapling, taking care of a plant)

Mindfulness & Emotional Intelligence

- Teaching deep breathing through bubble-blowing exercises
- Creating a "Gratitude Jar"
- Practicing kindness through daily good deeds
- Storytelling with emotional lessons (how to handle anger, patience, etc.)



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