



SUPAR SCHOOL
SUDHEER PARALLEL SCHOOL
— A DIGITAL GURUKUL —



SUMMER PLANNER OF 7-9 YEARS KIDS

Weekly Highlights:

- Monday: Art & Creativity Day
- Tuesday: Storytelling & Reading Challenge
- Wednesday: Science Experiments
- Thursday: Outdoor Exploration (park visits, nature walks)
- Friday: Skill Development (chess, problem-solving games)
- Saturday: Movie & Discussion (animated films with moral lessons)
- Sunday: Cultural & Festive Learning



SUDHEER SANDRA

Psychologist, Career Growth Coach,
and behavioral skills coach



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Daily & Weekly Routine:

- Morning: Yoga, stretching exercises, followed by journaling thoughts.
- Mid-Morning: Educational activities like reading, storytelling, and basic coding.
- Afternoon: Creative time – painting, craftwork, or DIY projects.
- Evening: Outdoor play like cricket, badminton, or skipping.
- Night: Family bonding activities such as board games or storytelling.



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Engaging Activities:

- Creative: Clay modeling, making greeting cards, DIY home decor.
- Cognitive: Sudoku, brain teasers, puzzles, and storytelling competitions.
- Physical: Swimming, skating, yoga, and traditional Indian games like Kho-Kho.
- Social & Emotional: Group storytelling, gratitude practice, and empathy-building exercises.

Educational & Skill-Building Tasks:

- Storytelling & Public Speaking: Encourage them to narrate stories or create their own.
- Basic Coding: Scratch programming or interactive coding apps.
- Financial Literacy: Basic concepts like saving pocket money in piggy banks.
- Critical Thinking: Solving riddles, brain teasers, and Lego-building challenge



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Family Bonding & Social Skills:

- **Cooking Together:** Making simple snacks like sandwiches or fruit salads.
- **Family Storytime:** Sharing childhood stories of parents / grandparents.
- **Festive Involvement:** Preparing for upcoming Indian festivals and understanding their significance.
- **Community Service:** Writing thank-you notes for local helpers (milkman, shopkeeper, etc.).



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Physical Fitness & Outdoor Play:

- Indoor Workouts: Jump rope, hula hoop, or dance workouts.
- Outdoor Fun: Cycling, playing football, or exploring nature trails.
- Yoga & Meditation: Breathing exercises and simple guided meditation.
- Traditional Games: Gilli-Danda, Lagori (seven stones), or Kabbadi.

Technology & Screen Time Management:

- Educational Apps: Duolingo (for languages), Khan Academy Kids, National Geographic Kids.
- Screen Time Schedule: 1-1.5 hours of constructive usage.
- DIY Digital Projects: Creating e-cards, making a short video journal.
- Gaming Balance: Encouraging games that involve thinking and problem-solving.



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Hobbies & Passion Development:

- Music & Dance: Learning new songs or trying new dance styles.
- Painting & Sketching: Exploring Indian folk art like Madhubani or Warli.
- Gardening: Taking care of a small home garden.
- Simple Entrepreneurship: Selling handmade crafts or bookmarks to family.

Mindfulness & Emotional Intelligence:

- Journaling: Writing a gratitude note every day.
- Meditation: Practicing 5-minute silent mindfulness.
- Role-Playing: Acting out social situations to develop empathy.
- Affirmations: Practicing positive self-talk every morning.



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