



SUMMER ACTIVITIES OF 13-15 YEARS

Day 1: Vision Board Creation (Goals, Dreams, Role Models)

Objective: Self-clarity, motivation, visual goal-setting

How to Do:

1. Gather old magazines, newspapers, printed pictures, or use Canva if digital.
2. Choose categories: Personal Goals, Dream Careers, Inspiring Quotes, Role Models, Travel Dreams.
3. Cut and paste onto a chart or canvas board.
4. Discuss or write about why each item was selected.
5. Keep it in your study area as a daily visual reminder.



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Day 2: Interview a Grandparent (Record or Write Story)

Objective: Intergenerational bonding, listening, cultural connection

How to Do:

1. Prepare 8–10 questions: “What games did you play?”, “What was school like?”, “Your biggest lesson?”
2. Use a voice recorder or journal to capture responses.
3. Write a narrative or turn it into a podcast-style audio story.
4. Share the story with family or archive it as a digital family treasure.

Day 3: Value Debate – 'Grades vs. Skills'

Objective: Reasoning, articulation, value exploration

How to Do:

1. Research both sides: Benefits of high academic scores vs. real-world skills like communication, creativity, etc.
2. Write bullet points supporting both sides.
3. Conduct a mock debate with a sibling, parent, or friend.
4. Conclude with your opinion and reflections in a journal or voice note.



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Day 4: Design a Website Mockup (For a Cause)

Objective: Social thinking, empathy, design literacy

How to Do:

1. Choose a cause you're passionate about (e.g., clean water, climate change, anxiety support).
2. Draw a homepage layout on paper: title, navigation bar, images, messages, sections (about, resources, contact).
3. Label each part and describe the site's purpose.
4. Optional: try prototyping tools like Canva or Figma.

Day 5: Start a 'Teen Journal Blog' (Paper or Digital)

Objective: Emotional processing, creative writing, voice development

How to Do:

1. Choose a theme: daily reflections, teen struggles, hobbies, poems.
2. Write regularly in a notebook or use platforms like Blogger, Notion, or even Instagram (private or public).
3. Focus on authenticity and self-expression—not grammar perfection.
4. Try weekly prompts: “What made me smile this week?” or “What confused me most?”



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Day 6: Record a Reel – 'My 3 Life Lessons So Far'

Objective: Self-reflection, content creation, digital confidence

How to Do:

1. Write 3 short life lessons you've learned through school, friends, or mistakes.
2. Practice speaking clearly, using gestures and expressions.
3. Record a 60–90 second video as a motivational or reflective reel.
4. Optional: Share on Instagram or keep it personal.

Day 7: Reverse Mentoring (Teach Parents Something New)

Objective: Confidence, leadership, tech application

How to Do:

1. Choose a topic you know well: a shortcut on mobile, Canva basics, Instagram features, a game, or habit tracker app.
2. Break it into simple steps.
3. Schedule 15 mins with a parent to “teach” them.
4. Reflect on how it feels to switch roles and be a teacher.



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Day 8: Money Tracker Challenge (Track Weekly Spending)

Objective: Financial literacy, decision-making

How to Do:

1. Track your pocket money, food orders, stationery, etc. for a week.
2. Use a small notebook or Excel/Google Sheet.
3. Make 3 categories: Essentials, Wants, Wasted.
4. Reflect: “Where can I save?”, “What surprised me?”

Day 9: ‘My Life at 25’ – Letter to Future Self

Objective: Visioning, emotional intelligence, planning

How to Do:

1. Begin with: “Dear Me, age 25...”
2. Include dreams, fears, advice, goals, values, relationships, and things to remember.
3. Seal the letter and write: To be opened in 2035.
4. Optional: email it to yourself using services like FutureMe.org.



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Day 10: Digital Detox Challenge (24-Hr No Screen – Vlog the Experience)

Objective: Self-awareness, digital control

How to Do:

1. Announce your challenge to family.
2. Avoid phones, laptops, and TV for 24 hours.
3. Before detox, record how you feel (boredom, FOMO, peace, etc.).
4. After detox, record again. Compare thoughts, feelings, productivity.

Day 11: Write a Petition for a School Change

Objective: Problem-solving, civic responsibility, writing

How to Do:

1. Identify something to improve in school (longer break time, eco-friendly initiatives, club hour).
2. Write a formal petition: problem, solution, benefit.
3. Include 3–5 supporting points.
4. Discuss it with a parent or teacher, or present it in student council.



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Day 12: Learn & Cook a Family Recipe

Objective: Culture, responsibility, culinary independence

How to Do:

1. Choose a dish connected to your family's tradition (e.g., grandma's biryani, mom's pongal).
2. Learn the process with supervision.
3. Document the process with photos or video.
4. Serve to family and write about how it felt.

Day 13: Design an App UI (Draw on Paper)

Objective: Digital creativity, innovation

How to Do:

1. Think of an app that solves a student problem or supports a hobby (e.g., "StudyPal," "Mood Tracker," "DreamGoals").
2. Sketch 2–3 screens: login page, dashboard, main activity screen.
3. Label buttons, features, menus.
4. Write a short note: "Why this app is useful for teens."



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Day 14: TED-style Talk – 'One Thing I Want to Change'

Objective: Thought leadership, expression

How to Do:

1. Think of something you're passionate about (peer pressure, gender equality, plastic use).
2. Write a 2–3 minute speech. Add personal stories and a clear message.
3. Practice and deliver in front of family or record it.
4. Focus on confidence, tone, clarity, and expression.

Day 15: Group Zoom/Meet – Present Top Learning, Discuss Growth

Objective: Reflection, peer learning, leadership

How to Do:

1. Invite friends or siblings who've done the 15-day journey with you.
2. Each person presents:
 - Top 3 favorite tasks
 - Challenges faced
 - What they learned about themselves
3. Celebrate with positive affirmations, feedback, or certificates.



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