



SUPAR SCHOOL
SUDHEER PARALLEL SCHOOL
— A DIGITAL GURUKUL —



Summer Planner for Toddlers (2-4 Years)

Daily Routine & Weekly Structure

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

7:00-8:00 AM: Wake-up, morning prayers, hygiene

8:00-8:30 AM: Breakfast with family

8:30-9:30 AM: Indoor or outdoor play (weather dependent)

9:30-10:00 AM: Healthy snack and hydration

10:00-11:00 AM: Structured activity (art, sensory play)

11:00-12:00 PM: Story time and quiet activities



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Psychologist, Career Growth Coach,
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Afternoon Routine (12:00 PM - 5:00 PM)

12:00-1:00 PM: Lunch and hygiene

1:00-3:00 PM: Nap/rest time

3:00-3:30 PM: Wake-up and snack

3:30-5:00 PM: Indoor educational activities or outdoor play

Evening Routine (5:00 PM - 8:30 PM)

5:00-6:30 PM: Bath time and changing

6:30-7:15 PM: Dinner with family

7:15-8:00 PM: Family time, prayers, stories

8:00-8:30 PM: Bedtime routine and sleep



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Weekly Theme Structure

Monday: Nature Day

Tuesday: Arts & Crafts Day

Wednesday: Language & Stories Day

Thursday: Physical Activity Day

Friday: Music & Dance Day

Saturday: Family Culture Day

Sunday: Family Outing Day



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Engaging Activities & Skill Building

Sensory Play with Indian Elements

1. Rangoli Rice Play: Colored rice with cups for pouring and pattern-making
2. Spice Exploration: Scent jars with cardamom, cinnamon; spice playdough
3. Water Play: Pouring with steel tumblers; flower petal water play
4. Clay Modeling: Making simple diyas; handprints in natural clay



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Imaginative Play 1. Kitchen Corner: Miniature Indian kitchen with child-safe utensils 2. Dress-Up Area: Simple cultural clothes, bangles, bindis 3. Market Setup: Vegetable market with empty spice boxes and cloth bags 4.

Transportation Play: Cardboard auto-rickshaw or bus with tickets

Language Development 1. Bilingual Vocabulary: Picture cards in English and mother tongue 2. Storytelling: Indian folktales with puppets; family photo stories 3. Conversation Skills: Mealtime questions; show and tell with toys 4. Pre-Reading: Alphabet recognition games; rhyming songs



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Early Numeracy & Cognitive Skills

1. Counting: Stair steps, fruits at snack time, family members
2. Shape Recognition: Finding shapes in rangoli patterns; shape sorting
3. Problem-Solving: Simple puzzles (2-4 pieces); "what happens next" games
4. Classification: Sorting by color, texture, size; matching activities



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Physical Development & Outdoor Play Fine Motor Skills

1. Traditional Activities: Rice/dal sorting; stringing flower garlands 2. Pre-Writing: Tracing in sand/flour; line drawing with thick crayons 3. Coordination: Pouring exercises; building block towers; lacing cards 4. Life Skills: Opening containers; using child-safe scissors; buttoning

Gross Motor Development

1. Indoor Movement: Animal walks; cushion obstacle courses; balance lines 2. Outdoor Games: Ball rolling/throwing; running games; tricycle riding 3.

Traditional Games: Modified Lagori (seven stones); simplified Kho-Kho 4. Toddler Yoga: Animal poses (cobra, butterfly); simple breathing games



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Family Bonding & Social Skills

Intergenerational Connection

1. Grandparent Time: Learning simple rituals; photo album exploration 2. Family Cooking: Helping tear leaves or mix; naming ingredients 3. Cultural Rituals: Simplified aarti participation; namaste greetings 4. Heritage Sharing: Stories about family names; festival meanings

Parent-Child Activities

1. Daily Special Time: 15-20 minutes of uninterrupted play 2. Physical Bonding: Post-bath massage; action songs together 3. Creative Projects: Side-by-side art; cooking simple recipes 4. Communication: "Tell me about" conversations; emotion naming



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Mindfulness & Emotional Intelligence

Simple Practices 1. Breathing Games: Blowing feathers; "smell the flower, blow the candle" 2. Body Awareness: "Waking up" body parts; animal movement imitation 3. Relaxation: "Rag doll" loosening; guided rest with storytelling 4. Transitions: Three breaths before meals; "getting ready" breaths

Emotional Development 1. Feeling Identification: Naming basic emotions; face- making in mirrors 2. Expression Techniques: Safe anger release; comfort objects for sadness 3. Calm-Down Methods: Designated calm space; self- soothing techniques 4. Gratitude Practice: "Thank you" moments; appreciation expressions



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