

## Psychology ~ Fun activities for summer vacations.

Dear Students ,

Summer vacations are a time to have fun and chill out! While we all are enjoying our vacations, here is a list of activities which provide not just entertainment but *infotainment*. These can be performed by you alone or along with your parents, as it would provide a wonderful relaxation for both and promote a free flow of communication and swapping of ideas. Parents will also be able to share their knowledge, expertise and experience with you in the process. I am also aiming to accommodate some of the below mentioned activities in my vacations and I sincerely hope that we all enjoy and learn, relax and rejuvenate during this time and come back to school with much vigor and zeal.

- 1) **Project** -Gather some information from your text books about the project which we will be making in due course of time. You all have chosen topics of your interest from the syllabus, all you need to do is read and gather as much information as you can and formulate a theme for your project.
- 2) **News-paper activity** – Read news-paper and collect at least 15 articles / write ups / interviews, which address any psychological issues, are written by some counselors giving information about mental and emotional health, new research in psychology etc. Cut them out and collect in a scrap book or note book. Write down what knowledge gathered from the article, how you interpret it and your agreement or disagreement towards the views expressed in the article, along with reasons. (150-200 words per article)
- 3) **Read a book/ watch a movie**-read a book or watch a movie based on Psychological concepts. Book can be a novel, a story, self-development book etc., movie should be a film which you have already watched, but now you will watch it with the angle of a Psychology scholar. Discuss the summary of the book or movie, or a critical analysis, the strong and weak spots in the storyline, in the form of an article, book report, presentation, vlog etc. after the summer vacations.  
This activity can be performed by parents and students together, as a healthy discussion can ensue from their communication.

(Names of some age appropriate movies and books have been listed below, although these are merely suggestions, students can choose their own book/move or can seek guidance from parents.)

### **Movies –**

- 1) Inside out – Studies emotions beautifully and in a very gentle manner teaches the children to embrace all emotions as each has a vital role in developing a wholesome personality.
- 2) Wreck it Ralph – embrace your personal talent because that is what makes you unique and indispensable for the people around you. Also , there is no absolute good or absolute bad !
- 3) Mulan 1 & Mulan 2 – Being yourself and bringing balance in life.
- 4) Monsters university
- 5) Monstersinc.
- 6) Freaky Friday
- 7) Finding nemo
- 8) Confessions of a teenage drama queen
- 9) Ratatouille
- 10) A Christmas carol
- 11) Brave
- 12) Saving Mr. Banks
- 13) Moana
- 14) Finding Dory
- 15) The Swap
- 16) Coco
- 17) A wrinkle in time.
- 18) 12 angry men.- The movie has tremendous lessons and value in social psychology. It addresses prejudice, conformity, aggression, group interaction, leadership, persuasion, and other basic areas of social psychology and the study of normal human behavior.
- 19) A beautiful mind - The film sheds light on the life and suffering of a person living with schizophrenia. Psychology students will notice that Nash exhibits many of the symptoms used to diagnose schizophrenia and can follow the increasing intensity of these symptoms and the effect on him and those around him. The film also shows the difficult task of managing the disorder and the importance of social support.
- 20) The blind side- This film does a good job of highlighting some of the difficulties and misunderstandings that take place when people of different cultures attempt to bridge cultural and racial differences and connect on an intimate level. The film also shows how mutually beneficial this engagement can be: the Tuohys open the door to educational and financial opportunity for Michael and he, in turn, opens their minds.
- 21) Good will hunting - "Good Will Hunting." serves as a good teachable opportunity. This movie depicts a difficult therapeutic relationship between an ambivalent client and a somewhat unorthodox counselor.
- 22) Life is beautiful – Teaches how atrocities can change people, how to protect innocence and never lose hope of a better tomorrow.
- 23) Kartik calling Kartik.

- 24) Bhoobhulaiya
- 25) Dear Zindagi.

**Books-**

- 1) Many lives many masters – Dr. Brian Weiss
- 2) Illusions – Richard Bach
- 3) One – Richard Bach
- 4) Jonathon Livingstone Seagull – Richard Bach
- 5) What's behind your belly button? A psychological perspective of the intelligence of human nature and gut instinct. – Martha Char Love & Robert W. Sterling
- 6) The one minute manager – Ken Blanchard & Spencer Johnson
- 7) Who moved my cheese ? – Spencer Johnson
- 8) The Art of Happiness – The Dalai Lama XIV, Howard C. Cutler
- 9) The Happiness Hypothesis – Jonathan Heidt
- 10) Influence – the psychology of persuasion – Robert B. Cialdini
- 11) Flow- The Psychology of Happiness – Mihaly Csikszentmihalyi
- 12) Mindfulness A practical guide to finding peace in a frantic world – Mark Williams and Danny Penman
- 13) Emotional intelligence – Daniel Goleman
- 14) You can win – Shiv Khera
- 15) Living with Honour – Shiv Khera

