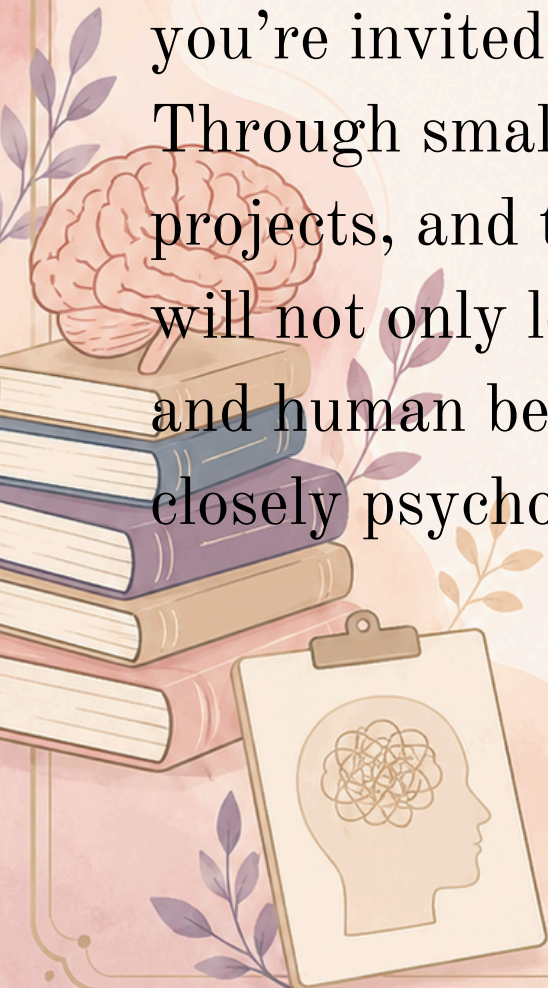




ITL PUBLIC SCHOOL
Active Engagement of Young Minds
During Summer Vacations 2026
PSYCHOLOGY
Class XI

Psychology is often called the science of understanding people but really, it's also about understanding ourselves. This summer, as you step into this new journey, we invite you to not just read about human behavior, but to see it, feel it, and experience it all around you. This summer, you're invited to step into that world.

Through small observations, creative projects, and thoughtful conversations, you will not only learn about stress, resilience, and human behavior but also discover how closely psychology touches everyday life.



1. Understanding Human Behaviour Through Inquiry

As you step into the beautiful journey of understanding human behaviour, try to explore the emotions, thoughts, and experiences of people around you through methods of inquiry such as Observation, Interview, or Questionnaire. Prepare a case history based on the information collected and suggest meaningful ways to manage stress effectively and positively. You may present your work creatively through:

- A short video film
- A slideshow presentation
- A documentary-style film
- Any other creative format that expresses your ideas effectively and thoughtfully

2. Promoting Positive Health & Resilience

As a peer educator, design simple yet innovative activities that can help students in your school reduce stress, build resilience, and promote positive mental health. Create an engaging PowerPoint presentation specially designed for young teenagers, encouraging them to take care of their emotional well-being in fun and practical ways.

3. Strengthening Family Bonds Through Meaningful Time

Collaborate with your family members to create a joyful and balanced schedule that includes:

- Family circle time
- Gratitude moments
- Activities you all enjoy doing together

Capture these special moments through photographs, short videos, or role plays as a form of creative expression. Use this time to slow down, connect deeply, and appreciate the little moments that bring people closer.

The smallest acts of care and attention today can become the strongest foundations of empathy tomorrow.

Stay thoughtful. Stay kind. Stay curious.

