

Summer Explorations Program

Location: Newton, MA

Dates: 6/29-8/7 (except 7/3)

Participants: Teens aged 14-19

Explorations is a weekday summer program where teens, ages 14-19, participate in supported recreational and social activities while learning a variety of practical life skills in the community. Teens are placed into small groups of 5-6 participants, with opportunities to engage with the larger group. Find more information in our example schedule (subject to change) below.

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
Field Trip Planning	Mind-Body	Community Outing	Adulting	Outing on MBTA
Cooking Planning	Goal setting		Connections	
Lunch	Grocery Shopping		Lunch	
Recreation Outing			Cooking	
	Group Games			Closing
Electives	Electives	Electives	Electives	
Closing	Closing	Closing	Closing	

Major Weekly Activities

Cooking

The group decides on a meal, researches recipes, creates a shopping list (within their budget), goes to the grocery store, cooks the meal from scratch, and sits down to eat together.

Boating and Hiking

Teens spend time exploring in nature, going on nature walks, hikes, or working together to navigate the Charles River in canoes.

Climbing Activity

The groups work together to overcome progressively challenging climbing activities, applying stress-management skills that they have learned in the program.

Community Outing

Groups plan their own community outings in the Boston area twice weekly. Examples from previous summers include bowling, the movies, Harvard Square, the Aquarium, the Museum of Science and Quincy Market.

Other Activities

Electives

Teens have time to enjoy their favorite activities together and meet folks from other groups. Activities in the past have included art club, film club, and gaming.

Connections

Teens select topics from the social world and staff lead discussions and activities that focus on those topics.

Mind Body

Participants learn about the science of stress and techniques that can help to manage it. Ample time is left for practice and discussion.

Trip Planning

Each week, the group plans their weekly community outings, working to stay within their budget. Teens must determine travel time, where they'll eat lunch, and how they will use their budget for the summer. Participants are expected to bring up to \$25 each week to pay for their MBTA transportation fare and spending money (food, activities, tickets, etc.).

Goal Setting

Throughout the summer, teens reflect on areas in which they want to grow, identify ways to do so, and set goals related to these challenges.

Adulting

Groups learn about all of the stuff you need to know to get by in your day-to-day life as an adult. Past topics include getting a driver's license and building IKEA furniture.

Money Management

Each week, groups track their budget and discuss how much money they will need to save for the end of the summer.

