

# YOUTHCARE TRANSITIONS:

## Summer Explorations Sample Weekly Schedule

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### Monday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Meal Planning
11:00-11:45	Grocery Shopping
11:45-12:30	Meal Preparation
12:30-1:15	Lunch
1:15-2:00	TV Analysis
2:00-2:45	Science of Me (Sensory)*
2:45-3:30	Group Choice & Closing

### Tuesday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Social Thinking Group
11:00-11:45	Science of Me (Relaxation)*
11:45-12:30	Lunch
12:30-1:15	Service Project
2:45-3:30	Group Choice & Closing

### Wednesday -

9:30-10:15	Arrival / Travel to Hale
10:15-12:30	Ropes Course / Travel from Hale
12:30-1:15	Lunch
1:15-2:00	Field Trip Planning
2:45-3:30	Group Choice and Closing

### Thursday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Science of Me (Brain & Learning)*
11:00-11:45	Hidden Curriculum Brainstorm
11:45-2:45	Field Trip
2:45-3:30	Group Choice & Closing

### Friday -

9:30-10:15	Arrival and Gear Up
10:15-11:00	Overnight Trip Planning
11:00-11:45	Social Thinking Group
11:45-12:30	Outdoor Recreation
12:30-1:15	Lunch
1:15-2:45	Group Movie Project
2:45-3:30	Group Choice & Closing

\*The Science of ME is an activity-based curriculum developed by YouthCare Staff to teach about the brain, heart, and body and help teens better understand their learning styles, coping methods, and sensory systems.