



AHS ITINERARY FOR WELLNESS CENTER SUMMER 2018

Note: the following is a working summary of program offerings. Topics and activities will be adjusted based on student and parent interest and input.

PLANT THERAPY

Preparation of the greenhouse/planters. Discussion on importance of life and the respect for life.
Ongoing care of plants
Transfer plants to school planters – school beautification and pride

INTERPERSONAL CONNECTIONS (facilitated by educators w/RISE)

Communication skills – with peers, parents and others
Theory of Mind/Perspective taking
Making and keeping friends

DISCOVERING THE TEEN SELF

Teen brain physiology
ACT techniques to enhance self-understanding, self-compassion, and acceptance

COPING WITH HIGH SCHOOL DRAMA

Situations faced as adolescents that are difficult to navigate
Role-plays (“What would you do if...?”)
Supports/alternatives to “drama”

EXPRESSION THROUGH ART

Body “map,” collages, sidewalk art, music/poetry

TRANSITION TO HIGH SCHOOL

Who does what, Clubs and activities, Fears and expectations, Navigating the Campus

GAME THERAPY

Playing a variety of “therapeutic” games
Activities designed to provide experiential learning

EMBRACING DIFFERENCES (facilitated by educators w/RISE)

What does it mean to be “different”? What does it mean to be “normal”? Are we all so different?
What does “acceptance” look like? How is “acceptance” different from “tolerance”

MINDFULNESS/STRESS REDUCTION

Identifying stressors
Breathing for relaxation
Thoughts are just thoughts

PARENT NIGHTS – *PRE-REGISTRATION REQUIRED!*

An open forum to discuss the challenges and joys of living with adolescents...