Summer Transition Activities

Name _____ **Date** _____

TEN SIGMA

Directions: Put a P on the line in the Before Summer column if you plan on doing the activity this summer and then write on the line provided when or what you are planning to do. For example: Volunteering - local food bank

At the end of the summer, put a C on the After Summer line for all the activities you completed this summer.

Legend:
P= Plan on doing this summer
C= Completed this summer

	Before Summer	After Summer
Employment		
• Volunteer_____	_____	_____
• Do an internship_____	_____	_____
• Get a job (part or full time) _____	_____	_____
• Learn about entrepreneurship_____	_____	_____
• Join a club (YMCA, Scouts) _____	_____	_____
• Start a business babysitting, dog walking/watching, lawn care_____	_____	_____
• Organize a yard sale by date_____	_____	_____
• Invent something _____	_____	_____
• Other _____	_____	_____
Training/Education		
• Read _____	_____	_____
• Write goals for the summer_____	_____	_____
• Write goals for next year_____	_____	_____
• Go to a camp _____	_____	_____
• Take a class _____	_____	_____
• Join or create a book club _____	_____	_____
• Do research on different colleges/universities_____	_____	_____
• Visit a college/university _____	_____	_____
• Do research on trade/technical schools _____	_____	_____
• Visit a trade/technical school _____	_____	_____
• Other _____	_____	_____
Independent Living		
• Keep a food journal or meal calendar for a week _____	_____	_____
• Explore nature/join a wilderness program _____	_____	_____
• Start a collection _____	_____	_____
• Plant a garden _____	_____	_____
• Start journaling and/or Create a photo journal_____	_____	_____
• Use your creativity - Write a poem, paint, write a play, create a website, sculpture_____	_____	_____
• Learn or practice grilling, swimming, biking or ? _____	_____	_____
• Open and use a checking/savings account_____	_____	_____
• Shop for a week's worth of groceries _____	_____	_____
• Start a new healthy habit _____	_____	_____
• Clean/organize your room _____	_____	_____
• Take up a new hobby_____	_____	_____
• Learn about bus routes_____	_____	_____
• Start a workout routine _____	_____	_____
• Driving training _____	_____	_____
• Other _____	_____	_____