

Explore Programme



The Explore programme provides opportunities for children and young people in **Key Stages 3 and 4** to engage in active learning and outdoor activities. It **supports students struggling in their mainstream settings** by incorporating experiences that support positive mental health, build resilience, promote teamwork and provide opportunities to develop new skills and improve self-confidence.

The Explore model

- ★ The Explore programme is **underpinned by a growing body of research** on the effects of adverse childhood experiences on the brain.
- ★ The programme promotes the activation of the PLAY, CARE and SEEKING systems in the brain by offering an **enriched environment** and opportunities for child-led play and active learning. This allows children and young people to build **social and emotional connections**, try new activities, take risks (safely) and share joy in new experiences and places. When optimally activated, the SEEKING system enables children to grow up with the capacity for will, drive and energised engagement in life.
- ★ Research also highlights the significant benefits of increased **time spent in nature** for young people. These include improved academic outcomes, higher self-esteem, better physical health, positive mental health and a reduction in symptoms associated with ADHD.



The Explore programme is suitable for:

Children and young people in KS3 and KS4 who would benefit from opportunities for building self-esteem, developing confidence and experiencing part-time quality education outside the classroom.

Explore is part of a graduated offer from LPW which also includes the Recovery and Recovery Plus programmes and a full-time ALP.

Focus:

Providing opportunities to develop underactive PLAY, SEEKING and CARE systems in the brain. We do this through social and emotional connection, child-led play and enriched environments that allow students to take risks to support their development and wellbeing.



Key features:

- ★ Half-day sessions led by experienced mentors trained in working in a trauma-informed and attachment-focused way.
- ★ Typical activities over the course of a term include kayaking, mountain biking, airsoft, bushcraft, rock climbing, paddle boarding, axe throwing and archery.
- ★ Enables students to demonstrate and improve skills in new environments, boosting self-confidence, resilience, physical well-being, group working and awareness of boundaries.
- ★ Can feature as part of a graduated response approach to minimise risk of exclusion.
- ★ Written sessional feedback provided for each young person (session aims can be tailored to individual targets).



Costs

Cost per student per half-day session (minimum one-term booking and minimum three students per school)	What's included
£150 Lunch available if required for £5 per person	High ratio of mentors to students Travel to and from school

Costs exclude VAT and are correct at the time of printing. Please contact us for current prices.

If you would like to know more about **LPW and our range of Engage, Explore, Recovery and Inspire programmes**, please get in touch to discuss your requirements.

LPW House, Princess Street, Bedminster, BS3 4AG

T: 0117 987 3700 E: enquiries@lpw.org.uk W: www.lpw.org.uk

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