

Syntero Virtual Summer Groups

All Groups are **FREE** to any student in Dublin, Grandview, Hilliard, Tolles & Upper Arlington City Schools.

****** The opinions, products, activities and/or services of this organization are neither sponsored nor endorsed by the school district ******

Groups start the week of June 7th

Registration Opens: May 10, 2021 at 12:00 pm on Sign Up Genius

All Groups Will Be Offered Online with multiple sections and time offerings

Group Name	Grade Level	Description
Social Skills	Incoming K	Students in kindergarten will increase use of self-control, management of emotions, and positive social skills.
Emotional Regulation	Incoming K	Students will learn ways to regulate emotions and identify coping strategies utilizing zones of regulation.
Worry Warriors	1 st and 2 nd	Students will learn mindfulness skills, coping skills, and helpful thinking patterns that will help them to manage anxiety, stress, and worry.
Weathering the Storm	1 st and 2 nd	Students will learn to develop personal resiliency, a sense of hope, and how to use positive coping skills when going through tough situations.
Once Upon a Feeling	1 st and 2 nd	Students in this group will explore their feelings creatively, learn skills to help regulate their emotions, and take charge of writing their own unique stories.
Social Superstars	1 st and 2 nd	Students will learn valuable skills including listening, fairness, resolving conflict, and self-control.
Harry Potter	3 rd to 5 th	A group with a Harry Potter theme to help develop positive mindset, understand anxiety and stress, and learn coping skills.
Worry Warriors	3 rd to 5 th	Students will learn how to be conquerors of their worries by being able to identify unhelpful thoughts and feelings, and learn general coping skills to overcome their worries.
The Calm-Down Crew	3 rd to 5 th	Students will learn to understand and positively express feelings of anger and frustration.
Being the Best You	3 rd to 5 th	Students will learn the importance of self-esteem and self-compassion, and build skills to develop and maintain healthy friendships.
Good to Grow	3 rd to 5 th	Students will learn the basics of flexible thinking, time management, organization, and task initiation that will help at home and at school.
Grit, Growth, and Goals: Student Strategies for Success	6 th to 8 th	This group will target goal setting and flexible problem solving as well as organizational skills, task initiation and grit.
Be All You Can Be	6 th to 8 th	Join us for an exploration of how to be all we can be. We will cover topics like self-esteem; mindfulness; gratitude journaling; and more.
Gaining Control of Our Emotions	6 th to 8 th	Students will learn to understand, identify, and regulate their emotions.
You Have the Power: Leadership Skills	6 th to 8 th	We will investigate what it means to be a leader and what skills a leader needs to be effective.
How to Lead for High Schoolers	9 th to 12 th	Students will engage in self-exploration about their strengths and gifts as they relate to leadership, as well as learn skills for how to be a great leader and inspire others.
Be the G.O.A.T.	9 th to 12 th	Grow Outshine Affirm Thrive: Learn essential skills to be the best version of you on your journey through high school.
Riding the Wave of Emotions	9 th to 12 th	We will discuss aspects of emotional regulation and teach students how to incorporate these skills into their daily life.
A Brighter Future	7 th to 9 th	Students will learn the basics of substance use and its impact on family members. Students will increase interpersonal skills by learning effective ways to communicate.

*****Group Topics Subject to Change based on identified needs*****

For more information:

Click link for sign up information & class schedule:

<https://www.signupgenius.com/go/30E0C45A4AE2CA0FD0-syntero6>

Questions? Contact Larysa Gilbert: franklinsummer@syntero.org.

Syntero Summer Prevention Programming is made possible by community funded levy dollars as distributed by the Franklin County ADAMH Board.