



Syntero

Care • Counsel • Support

SUMMER GROUPS

Coping Cat (Grades 1-2 & Grades 3-5) + CAT Project (Grades 6-8)

Identify warning signs of anxiety and coping skills to manage worry

Being a Team Player (Grades 1-2)

Understand sportsmanship, learn about growth mindset, leadership, & teamwork skills

Kindness in the Classroom (Grades 1-2)

Explore the values of kindness, respect, caring, inclusiveness, integrity, responsibility, & courage

Once Upon a Feeling (Grades 1-2)

Explore feelings creatively, learn skills to regulate emotions, and take charge of writing your own unique story

Good to Grow (Grades 3-5)

Students will learn the basics of flexible thinking, time management, organization, and task initiation

Superflex (Grades 3-5)

Become a social detective by social cues and learning flexible thinking

Harry Potter (Grades 3-5)

Practice spell-binding coping skills, learn to connect thoughts, feelings, and behaviors, battle bogarts, and identify your own Ron and Hermione

Inside Out (Grades 3-5)

Identify the emotions in your own head, understand the pros and cons to all feelings, and develop healthy coping skills

Social Success (Grades 6-8)

Learn about healthy friendships, self-esteem, conflict resolution, and managing stress

Codebreakers (Grades 6-8)

Learn & apply emotion regulation skills with fun activities

Grit, Growth, & Goals (Grades 6-8)

Target goal setting, flexible problem-solving, organizational skills, task initiation, & grit

Learning to Breathe (Grades 6-8)

Practice mindfulness skills to recognize emotions and choose healthy responses

Don't Let Emotions Run Your Life (Grades 9-12)

Learn strategies to manage difficult emotions, including: mindfulness, detecting thinking errors, coping skills, and healthy relationships

How to Lead (Grades 9-12)

Improve self-awareness, communication, professionalism, and connections with others

JOIN NOW!

Registration is open now! Registration Link:

<https://bit.ly/2026SynteroSummerRegistration>

Please note: You will need to fill out a separate registration form for each child.