

Syntero Virtual Summer Groups

All Groups are **FREE** to any student in Dublin, Grandview, Hilliard, Olentangy, and 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.

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