



SUMMER GROUPS 2024

ALL GROUPS ARE **FREE** TO ANY STUDENTS IN DUBLIN, GRANDVIEW, HILLIARD, TOLLES & UPPER ARLINGTON CITY SCHOOLS.

REGISTRATION OPENS MAY 6, 2024 AT 12:00 PM ON SIGN UP GENUIS

GROUPS START THE WEEK OF JUNE 3RD

*** IN-PERSON AND VIRTUAL OFFERINGS ARE AVAILABLE ***

SOCIAL SUPERSTARS - INCOMING K

Students will learn how to identify their emotions, learn self-control skills, and practice problem solving strategies that will help make kindergarten spectacular!

SWIMMING IN A SEA OF FRIENDSHIP - 1ST & 2ND

Students will work to create and foster positive relationships with peers by focusing on the following friendship skills; taking turns, listening, playing fair, showing concern, resolving conflict, and expressing feelings and needs.

WORRY WARRIORS - 1ST & 2ND

Students will learn to conquer their worries by using coping skills, mindfulness and helpful thinking patterns.

SELF CONTROL SURFERS - 1ST & 2ND

Students will learn self and impulse control strategies to meet expected classroom behavior and build healthy peer relationships.

COPING CREW - 3RD TO 5TH

Students will learn why we all feel anxious at times, and build a "toolbox" to help cope with anxiety, including mindfulness and sensory soothing techniques.

GET IN THE ZONE - 3RD TO 5TH

Students will discuss the Zones of Regulation, size of the problem, problem-solving skills, and learn how to identify and express their emotions.

SOCIAL DETECTIVES - 3RD TO 5TH

Students will discover the key to a variety of social skills, including reading verbal and non-verbal social cues, qualities of a good friend, managing conflict while taking care of oneself.

PLANNING PROS - 6TH TO 8TH

Students will learn the basics of planning, organizing, starting, and following through with tasks, assignments, and problems in and outside of school.

MIDDLE SCHOOL SURVIVAL GUIDE - 6TH

**For incoming 6th graders*

Students will learn skills and how-to's for building a positive middle school experience

CONFIDENCE IS KEY - 6TH TO 8TH

Through confidence building activities, students will learn how thoughts and feelings relate to behavior and learn tools for regulating difficult emotions.

GET READY FOR HIGH SCHOOL - 9TH TO 12TH

In preparation for navigating the ups and downs of high school, students will discover their strengths and learn strategies to help them succeed.

ROX: CONFIDENT GIRLS SHINE BRIGHTER - 4TH & 5TH, 6TH, 7TH & 8TH

Girls will discover what it means to be a smart, strong, safe, and confident girl; as well as learn tools to stand up for themselves, how to shut down the 'drama', and how to be a leader!

RAINBOWS AND RESILIENCE - 6TH TO 8TH, 9TH TO 12TH

This group will provide LGBTQ+ and gender-exploring students with the opportunity to build community and learn strategies to further amplify their strengths and resilience. Students have the opportunity to explore more about their identities and develop concrete skills for managing stress, communicating confidently, and maintaining a strengths-based perspective.

[CLICK HERE FOR REGISTRATION](#)

Questions? Contact
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Syntero summer prevention programming is made possible by community funded levy dollars as distributed by the Franklin County ADAMH Board.



**** GROUP TOPICS SUBJECT TO CHANGE BASED ON IDENTIFIED NEEDS ****

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