



THE
LAB
SCHOOL

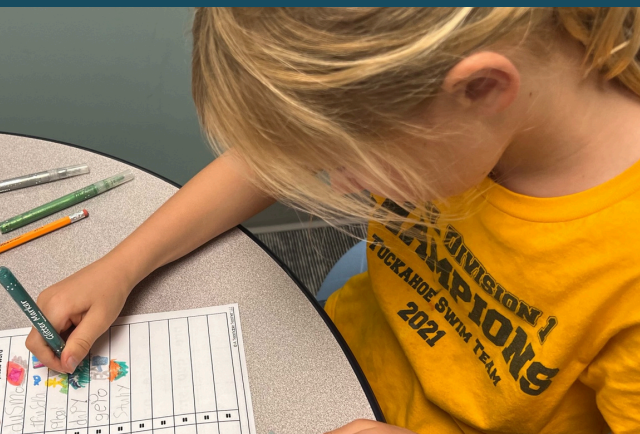
The Reservoir Group
AT THE LAB SCHOOL OF WASHINGTON



BRIDGING SKILLS & SUCCESS

Winter & Spring 2025

SHORT TERM ACADEMIC AND THERAPEUTIC PROGRAMS FOR 1ST - 12TH GRADES



SPEECH & LANGUAGE, OCCUPATIONAL THERAPY, AND PSYCHOLOGY & WELLNESS SERVICES

WHY SHORT-TERM INTENSIVES

Short-term intensive groups offer an ideal environment for skill development, providing focused, immersive learning experiences that encourage deeper understanding. With concentrated time and energy directed at specific areas of a student's learning profile, students are able to engage more fully through hands-on and real-world activities.

The small group setting promotes peer collaboration, where students can exchange ideas and feedback, strengthening both their knowledge and communication skills. Additionally, the personalized attention from our team of expert clinicians ensures targeted guidance, helping students address their individual strengths and challenges more effectively.

This structure boosts confidence, keeps motivation high, and accommodates different learning styles through a variety of methods. Ultimately, these intensive groups are an efficient way for students to build and apply new skills.

The Reservoir Group: *Three disciplines, one place.*

Specializing in understanding and working with children and adolescents, bridging evaluation and therapy with classroom and real world experiences. No one understands classrooms better; we are in them every day.



LOCATION

All sessions will take place on our Reservoir Campus. For Lab Foxhall students, a shuttle will be available for transporting students between campuses. Pick up will be from the Reservoir Campus.

REGISTRATION

Our online portal, through CampBrain, makes registration clear and easy. Families can complete their online registration, upload supporting documents, and submit payment.

Visit the online portal at:
<https://thereservoirgroupatlab.campbrainregistration.com>.

QUESTIONS?

If you have any questions regarding our programs, registration, etc., please contact our Intake and Scheduling Coordinator at:

Randhal Tabb
Email: thereservoirgroup@labschool.org
Phone: 202-349-8640

FRIEND FILES

February 4 - 27, 2025
Tuesdays & Thursdays
3:45 - 4:45 PM (8 sessions)
Grades 1 - 4 (max of 6 students)
Fee: \$1,160

Imagine a place where every conversation is an opportunity to grow and a stepping stone toward stronger, more confident connections with others. This group provides a supportive environment where students can:

- develop more effective communication
- understand social cues
- engage in meaningful interactions with their peers

Through fun, hands-on arts, crafts, and science activities, students practice crucial skills for building strong relationships such as:

- initiating, maintaining, and ending conversations
- sharing ideas
- resolving conflicts

Students not only enhance their social abilities but also gain confidence in their interactions, setting the foundation for positive social experiences throughout their day.



THE STUDY LAB

January 8 - 30, 2025
Wednesdays & Thursdays
3:45 - 4:45 PM (8 sessions)
Grades 5 - 8 (max of 6 students)
Fee: \$1,160

As academics become more challenging, being equipped with test preparation and test-taking skills helps students not only perform at their best but also feel confident. This group teaches students how to develop strong study habits that enhance retention and comprehension, to understand how to approach different types of questions and to manage their time effectively during tests.

Students learn:

- study techniques (e.g., creating study schedules; prioritizing what to study)
- utilize strategies (e.g., mnemonic devices, visualization) to remember key concepts, and practice with sample tests
- explore relaxation techniques to reduce anxiety and boost confidence on test day

By honing these skills, students not only improve their test preparation but also cultivate a positive approach to learning that will benefit them throughout their education.



GET IN THE GAME

April 2 - 24, 2025
Mondays & Wednesdays
3:45 - 4:45 PM (8 sessions)
Grades 1 - 4 (max of 6 students)
Fee: \$1,160

Join the fun as we build important social and communication skills through interactive games! In this group, students will practice essential skills like:

- taking turns
- sharing ideas
- understanding nonverbal cues

Activities such as board games and team challenges create a fun and supportive environment where students can:

- connect with others
- learn to collaborate
- nurture their confidence

Through these exciting exercises, students get a social skills boost to help them with making friends and building meaningful relationships.

WRITING LAB

May 7 - 29, 2025
Wednesdays & Thursdays
3:45 - 4:45 PM (8 sessions)
Grades 9 - 12 (max of 6 students)
Fee: \$1,160

This program empowers students to become more confident writers by guiding them through each step of the writing process. Drawing on principles from The Writing Revolution®, students will engage in activities that build skills and strategies for organizing ideas, improving sentence structure, and developing clear, coherent arguments.

Students will strengthen their ability to:

- generate ideas effectively
- refine their drafts through targeted feedback
- revise with purpose.

By learning to express their ideas with both precision and creativity, students can develop their individual author's voice.





GAME CHANGERS

March 3 - 19, 2025
Mondays & Wednesdays
3:45 - 4:45 PM (6 sessions, no sessions week of 3/24)
Grades 5 - 8 (max of 6 students)
Fee: \$870

Through the fun and excitement of interactive games, students will build vital social skills for social relationships and communication. This group helps students navigate common social situations like:

- taking turns
- sharing ideas
- interpreting nonverbal cues

while fostering a deeper understanding of how to connect with others.

By incorporating activities like:

- charades
- board games
- cooperative team challenges

Students practice these skills in a fun, supportive environment. Beyond that, these activities promote collaboration and communication, helping students build friendships and boost their social confidence. Through these engaging exercises, students not only practice essential life skills but also lay the foundation for stronger, more meaningful relationships in the future.

LEARN HOW TO TYPE!

February 3 - 26, 2025

Mondays & Wednesdays

3:45 - 4:45 PM (7 sessions - no session 2/17 Presidents' Day)

Grades 3 - 5 (max of 5 students)

Fee: \$1,015

This group will target the underlying sensory, visual motor, visual perceptual, and fine motor coordination skills necessary for successful typing.

Sessions include:

- whole body and fine-motor movement warm-ups and movement breaks
- positioning set-ups at the computer
- typing using an individualized, developmental progression.

Keyboarding will include direct instruction and online programs. Activities will promote awareness of effective positioning of the body and hands throughout the session, directional awareness and sequencing, and finger individuation and naming.

INTEROCEPTION: THE HIDDEN SENSE

February 4 - 27, 2025

Tuesdays & Thursdays

3:45 - 4:45 PM (8 sessions)

Grades 5 - 8 (max of 5 students)

Fee: \$1,160

This group focuses on interoceptive skill development and offers an opportunity to build self-awareness, emotional regulation, and body awareness in a fun, engaging, and insightful way.

The interoceptive system helps us understand and respond to physical sensations in our body, like hunger, thirst, pain, temperature, or emotions. Developing these skills is crucial for:

- emotional regulation
- coping
- self-management

By using fun and meaningful activities, students can learn to connect their physical sensations to emotions and develop self-regulation strategies, leading to greater emotional and behavioral awareness.



ROCK CLIMBING

February 4 - 27, 2025

Tuesdays & Thursdays

7:00 - 8:00 AM (8 sessions)

Grades 6 - 8 (max of 4 students)

Fee: \$1,160

This group will target the underlying gross motor skills, bilateral coordination, upper extremity & core strengthening, motor coordination & praxis, balance, endurance, and executive functioning skills needed to climb a rock wall.

Sessions will include:

- the set up and take down of the rock wall equipment
- review of safety precautions and rules
- climbing/traversing

Climbing will include direct instruction of routes, as well as opportunities for exploration and independent motor praxis (problem solving for movement). Activities will promote awareness of effective positioning of the body throughout the session, directional awareness and sequencing, and midline crossing.



INTERACTIVE METRONOME

March 3 - April 30, 2025
Mondays & Wednesdays
3:45- 4:45 PM (15 sessions - no sessions week of 3/24 or Monday 4/21)
Grades 5 - 8 (max of 3 students)
Fee: \$2,175

Using techniques from the Interactive Metronome protocol, this OT group's objectives will aim to improve students':

- timing
- focus
- coordination
- cognitive skills

through the use of an evidence-based intervention method. The Interactive Metronome (IM) is a computerized training tool that uses timed and rhythmic exercises to enhance neurological processing and motor planning. In this group, students will participate in fun, structured tasks that challenge them to match movements to a rhythmic beat, helping to build attention, impulse control, and motor skills in a supportive and social environment. This program can benefit students with ADHD, motor coordination challenges, or those seeking improved academic and athletic performance.

More on IM: *Studies have found IM effective for various populations, including individuals with ADHD, autism, and learning disabilities, as it helps enhance timing and synchronization between neural processes. Improved timing has been linked to better academic skills like reading and math, as well as social and motor skills. Evidence supports IM's impact on brain connectivity and cognitive efficiency, highlighting its value in enhancing sensory integration and the brain's capacity to process information more effectively.*

BIKE GROUP

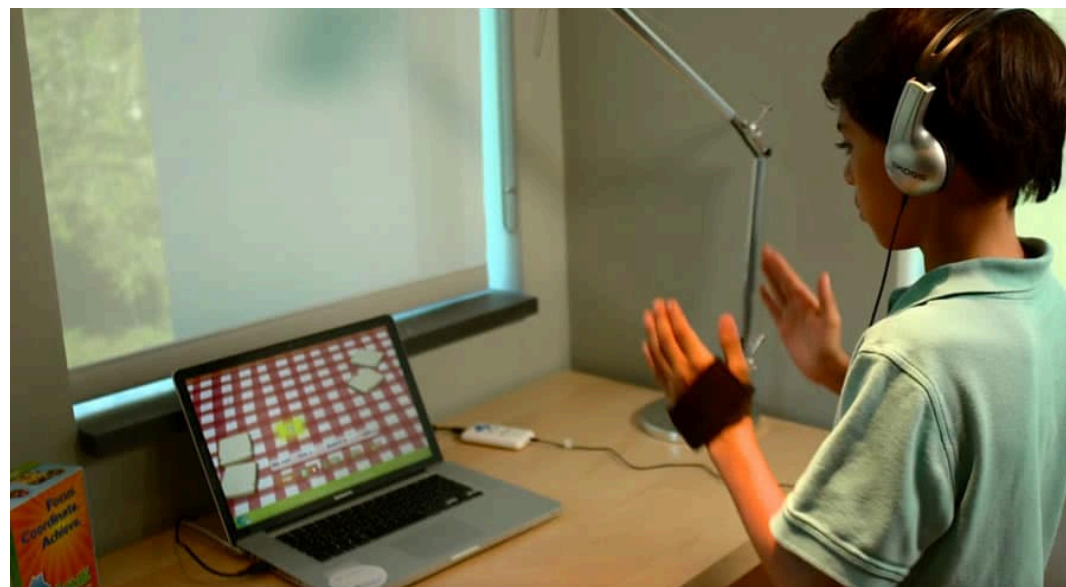
April 1 - 24, 2025
Tuesdays & Wednesdays
3:45 - 4:45 PM (8 sessions)
Grades 1 - 4 (max of 4 students)
Fee: \$1,160

This OT group will target the skills needed for your child to learn how to ride a bike! This group will address safety, parts of the bike, and the motor planning steps needed to learn how to ride a bike.

Students will need to provide:

- helmet
- bike

Bike and helmet will be stored at Lab School during the month of the bike group.



DIGITAL DYNAMICS: BLENDING TECHNOLOGY AND GENUINE HUMAN CONNECTIONS

March 4 - 13, 2025
Tuesday & Thursday
3:45 - 4:45 PM (4 sessions)
Grades 9 - 12
Fee: \$700

Navigating relationships and communication through smartphones and social media can be challenging for high school students. "Digital Dynamics" is a supportive space where students can understand the impact of technology on their social lives. Participants will:

- examine the role of technology in modern communication and relationships
- discuss the advantages and challenges of digital interactions
- address how to foster meaningful, healthy relationships both online and offline
- understand the importance of responsible online behavior
- build strategies for managing screen time and maintaining a balanced life



PLAYFUL MINDS: BUILDING SKILLS THROUGH GAMES

February 6 - 27, 2025
Thursdays
3:45 - 4:45 PM (4 sessions)
Grades 3-5
Fee: \$700

Through interactive games, this group therapy program for elementary students will focus on:

- building social skills
- emotional resilience
- positive relationships

Kids will engage in team activities that promote:

- communication
- problem-solving
- cooperation

while also learning to navigate feelings and resolve conflicts. This fun and supportive environment helps children develop confidence and stronger connections with others.

FINDING CALM IN THE CHAOS: MINDFULNESS FOR LGBTQ+ TEENS

March 31 - April 28, 2025
Mondays
3:45 - 4:45 PM (4 sessions; no session 4/21 Spring Break)
LGBTQ+ youth in grades 9 - 12
Fee: \$700

A safe and supportive group designed to help LGBTQ+ teens manage stress, anxiety, and emotions through mindfulness techniques. In a judgment-free space, participants will learn tools for:

- grounding
- self-awareness
- emotional regulation

all while connecting with peers who share similar experiences. This group offers a time for teens to focus on self-care, build resilience, and find balance in the midst of life's challenges.

BEYOND FILTERS: NAVIGATING THE BALANCE BETWEEN SOCIAL MEDIA PERSONAS AND REAL WORLD IDENTITIES

February 4 -25, 2025
Tuesdays
3:45 - 4:45 PM (4 sessions)
Grades 9 - 12
Fee: \$700

In today's digital age, high school students often grapple with the disparity between their identities in both digital and real-world contexts. "Beyond Filters" is a safe and supportive space where students can explore and understand their true identities.

Participants will:

- explore the influence of social media on self-esteem and self-image
- foster genuine connections with peers who share similar experiences
- gain insights into maintaining a balanced, healthy sense of self.



LET'S GET FLEXIBLE! BUILDING EXECUTIVE SKILLS FOR HOME, SCHOOL AND FRIENDSHIPS

February 4 - 25, 2025
Tuesdays
3:45 - 4:45 PM (4 sessions)
Grades 5 - 6
Fee: \$700

This group is designed for middle school students who struggle with the executive skill of flexibility. Students will learn ways to adapt their thoughts, actions and moods in the face of obstacles and unexpected situations through:

- games
- role plays
- videos

Group members will gain a better understanding of why it's hard to be flexible, and how being more flexible will help them at home, at school, and with their friends.





The Reservoir Group at The Lab School of Washington

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