

SEPTEMBER-OCTOBER 2026



5 week
social emotional learning
groups

Be Well with SEL, LLC
790 Turnpike Street, Suite 102
North Andover, MA 01845
978-407-6671

MONDAYS
4:15-5:15PM

grades K-2

Growing Healthy Friendships

GIRLS's friendship skills

Dates: 9/14, 9/21, 9/28, 10/5, 10/19

Students will learn how friendships are like gardens -just like flowers and plants, everyone is different and beautiful in their own way. Participants will learn what "ingredients" are needed in order to help friendships grow strong. Friendship "fence lines" (boundaries) and strategies to steer clear of "drama goats" in our garden of friendships will be reviewed. Just like gardens, building friendships is a process and bumps along the road are expected!

TUESDAYS
3:50-4:50PM

grades K-2

Art from the Heart

creating & growing through art

Dates: 9/15, 9/22, 9/29, 10/6, 10/13

Students will create, move, explore, and express themselves! Art from the Heart combines engaging stories, movement, and hands-on art projects that help students explore their emotions, build confidence, practice kindness and develop a growth mindset. Each week students will make and take a special project connected to a social emotional learning skill. Students' creativity will shine while building important skills!

TUESDAYS
5:00-6:00PM

grades 3-5

Social Skill Builders

social skills

Dates: 9/15, 9/22, 9/29, 10/6, 10/13

Students will learn how to bounce back from setbacks, develop flexible thinking skills, and choose positive attitudes. Students will practice making thoughtful choices before they speak or act. Through games, crafts, and hands-on activities, students will strengthen their social skills and develop healthier friendships. Each week focuses on practical skills that help students grow into confident, respectful, and resilient friends (while having FUN along the way!)

WEDNESDAYS
3:50-4:50PM

grades 3-5

Emotion Explorers

managing big feelings

Dates: 9/16, 9/23, 9/30, 10/7, 10/14

Students will become Emotion Explorers traveling to 5 unique destinations: *Emotion Island, Mad Mountain, Worry Woods, Confidence Canyon, and Calm Cove*. During their adventure, students will build emotional awareness, vocabulary, and regulation skills. A mix of movement, crafts and games will help them on their journey to feel more confident, calm and connected (with coping skills they can use anywhere!)

WEDNESDAYS
5:00-6:00PM

grades K-2

Register
Now

