



Developing and delivering Social Emotional Learning (SEL) lessons to support students' mental and behavioral health

## **"Chill Skills"** **anger management group (grades K-3)**

Many children need help managing their anger. Sometimes these big feelings explode in the classroom, on the playground, during less structured social events, or at home with their families. Wherever it shows up, children should have some skills to manage these uncomfortable emotions. During this 6 week session, students will learn tools and strategies to recognize their body clues, identify triggers, label their angry emotions, utilize calming strategies, reframe negative thinking, and self-advocate in a healthy way.



### **ABOUT BE WELL WITH SEL, LLC**

SEL is the process through which children acquire the knowledge, attitudes, and skills they need to recognize and manage their emotions, demonstrate care and concern for others, establish positive relationships, make responsible decisions, handle challenging conditions constructively, and much more.

Kristen Perrotti, founder of Be Well with SEL, LLC, is a licensed school psychologist and school counselor with over 15 years of experience working in the public schools. She created Be Well with SEL, LLC to support students' mental and behavioral well-being by developing and delivering social emotional learning (SEL) lessons in a safe and comfortable small group format. The goal of Be Well with SEL, LLC is to equip students with the skills necessary to manage their emotions and behavior appropriately and effectively. SEL groups do not substitute for therapy (SEL groups are considered "enrichment programs") and are not individual treatment plans for students. The service is educationally based, and involves *teaching* skills and strategies. Such tools and skills will be general, and can be applied to any situation that students face in the future. Students do NOT need to have a diagnosis in order to participate in a SEL group. Through the use of books, games and activities, students have FUN while learning valuable skills!

**Dates:** Tuesdays 3:45pm-4:30pm  
(6 sessions / 45 minutes per session)  
11/1, 11/15, 11/22, 11/29, 12/6, 12/13/22  
(no class on 11/8)

**Location:** Be Well with SEL, LLC  
Jefferson Office Park  
800 Turnpike Street, Suite 26 (1st Floor)  
North Andover, MA 01845

**Ages:** grades K-3

**Instructor:** Kristen Perrotti

**\*Please note: SEL groups are NOT covered by insurance**

Register your child for a SEL group on the website: [www.BeWellwithSEL.com](http://www.BeWellwithSEL.com)

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For more information:  
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