



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

"You've Got a Friend in Me" friendship skills group (grades K-2)

Research shows that having at least one good friend can increase a student's sense of belonging and purpose, boost happiness, and reduce stress. Developing friendships and maintaining existing friendships can be a challenge for many children. During this 6 week group, students will learn strategies to make and keep friends. They will learn how to appropriately communicate, play with, and solve social conflict with friends. Students will learn the difference between positive attention vs. negative attention, as well as behaviors that make a "sweet friend" vs. a "sour friend".



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. The instructor for this group will be **Lexi Aleksa**, a licensed school adjustment counselor. Lexi has over 4 years of experience working in the public school system, and is skilled at creating and delivering whole class and small group SEL lessons. She is currently a school adjustment counselor in the North Reading Public Schools. 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: Wednesdays 3:45pm-4:30pm
(6 classes / 45 minutes per class)
5/3, 5/10, 5/17, 5/24, 6/7, 6/14/23
*no class on 5/31

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

Ages: students in grades K-2

Instructor: Lexi Aleksa

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

Register your child today on the website: www.BeWellwithSEL.com

www.BeWellwithSEL.com

For more information:
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978-407-6671

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