

September-October 2024 schedule



Be Well with SEL, LLC
 800 Turnpike Street, Suite #26
 North Andover, MA 01845
 978-407-6671
 kperrotti80@gmail.com

Social Emotional Learning (SEL) groups meet for 5 classes, 60 minutes per class. Space is limited to 6 students per group. Topics and days are rotated each session. Register on the website: www.BeWellwithSEL.com

Worry Warriors

anxiety management

grades K-2



Mondays
 3:45pm-4:45pm



Dates: 9/16, 9/23, 9/30, 10/7, 10/21
Instructor: Kristen Perrotti, M.Ed/CAGS

You've Got a Friend in Me

friendship skills/social coaching

grades 3-5



Mondays
 5:00pm-6:00pm



Dates: 9/16, 9/23, 9/30, 10/7, 10/21
Instructor: Kristen Perrotti, M.Ed/CAGS

Best Me I Can Be

social coaching

grades K-2



Tuesdays
 3:45pm-4:45pm



Dates: 9/17, 9/24, 10/1, 10/8, 10/15
Instructor: Kristen Gazda, M.Ed

Chats and Crafts

self esteem, friendship, & connection

Middle School girls



Tuesdays
 5:00pm-6:00pm



Dates: 9/17, 9/24, 10/1, 10/8, 10/15
Instructor: Kristen Gazda, M.Ed

Worry Warriors

anxiety management

grades 3-5



Wednesdays
 3:45pm-4:45pm



Dates: 9/18, 9/25, 10/2, 10/9, 10/16
Instructor: Kristen Perrotti, M.Ed/CAGS

Chill Skills

anger management

grades K-2



Wednesdays
 5:00pm-6:00pm



Dates: 9/18, 9/25, 10/2, 10/9, 10/16
Instructor: Kristen Perrotti, M.Ed/CAGS

Self Control Surfers

self regulation/self control

grades K-2



Thursdays
 3:45pm-4:45pm



Dates: 9/12, 9/19, 9/26, 10/3, 10/17
Instructor: Kristen Gazda, M.Ed

I Got a Feeling!

emotional management

grades K-2



Thursdays
 5:00pm-6:00pm



Dates: 9/12, 9/19, 9/26, 10/3, 10/17
Instructor: Kristen Gazda, M.Ed

*see reverse side for a description of SEL groups offered this session



Through the use of books, games, activities, and crafts, students have FUN while learning valuable SEL skills!

September-October 2024 SEL Group Descriptions

Worry Warriors anxiety management

Participants will be shown various coping skills to manage anxious feelings. They will learn how to identify somatic symptoms of worry, and practice brave talk to make worry more manageable. Students will practice breathing strategies, progressive muscle relaxation techniques, and craft their own worry monsters! They will learn how to handle the “what ifs” and practice 3 mindfulness techniques.

Best Me I Can Be social coaching

Students will learn skills to make and keep friends, the importance of personal space, and the difference between tattling and telling. Participants will be shown strategies to refrain from interrupting, as well as self-management techniques to control impulsive behavior or angry feelings. Through the use of games, activities, and stories written by award winning author/former school counselor Julia Cook, students will have fun while learning the “what to say” and the “how to say it” socially appropriate.

Chill Skills anger management

Students will learn that anger is a normal feeling, however what they do with their anger is important. Various tools and strategies to manage angry feelings will be taught. They will be shown how to recognize their body clues, identify triggers, label their angry emotions, utilize calming strategies, reframe negative thinking, and self-advocate in a healthy way.

You've Got a Friend in Me friendship skills/social coaching

Research shows that having at least one good friend can increase a student's sense of belonging and purpose, boost happiness, and reduce stress. Students will learn strategies to make and keep friends. They will learn how to appropriately communicate, play with, and solve social conflict with peers. Students will be shown the difference between positive attention vs. negative attention, as well as behaviors that make a “sweet friend” vs. a “sour friend”.

Chats and Crafts self esteem, friendship, & connection for GIRLS

Students will participate in chats and crafts that help build self-worth and develop a healthy sense of self. Students' confidence can increase when they become more aware of their own unique abilities and attributes, and develop positive connections with peers. Topics such as body positivity, celebrating uniqueness, optimism, goal setting, and perseverance will be covered, with crafts to accompany.

Self Control Surfers self regulation/self control

The purpose of this group is to empower students to learn and use self control strategies to improve peer relationships, family life and school engagement. Participants will be shown the “Stop, Think, Choose” method as well as strategies for waiting. Topics including following rules, turn taking, interrupting, and filtering thoughts/statements will all be reviewed. Students will practice controlling their bodies during games and hands on activities.

I Got a Feeling! emotional management

Students will learn that ALL feelings are okay to have...they are like visitors that come and go! Managing emotions and behavior can be challenging...especially when a BIG FEELING shows up. Students will explore a different feeling each week (worry, anger, sadness, shyness, and guilt). Participants will practice identifying **where** in their own body they feel the somatic symptoms of each feeling AND learn skills and strategies to cope with it.

For more info

PLEASE CONTACT:

Kristen Perrotti

978-407-6671

kperrotti80@gmail.com

www.facebook.com/BeWellwithSEL

