

 **2024 Summer
Mini Camps**



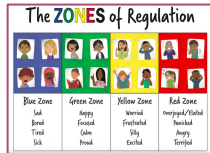
Through the use of games, activities, crafts, and stories, students have FUN while learning valuable SEL skills!

Be Well with SEL, LLC
800 Turnpike Street, Suite #26
North Andover, MA 01845

June 24, 25, 26 9:00am-10:30am
"Navigating Friendships -Taylor's Version"
-Taylor Swift themed friendship skills
*students entering grades 1-4
Instructor: Kristen Gazda, M.Ed.



July 29, 30, 31 9:00am-10:30am
"Zones of Regulation" -self-regulation/
emotional control
*students entering grades 2-4
Instructor: Lexi Aleksa, M.Ed.



August 12, 13, 14 9:00am-10:30am
"Jumping into Kindergarten"
-social coaching/Kindergarten readiness
*students entering grade K this fall
Instructor: Kristen Gazda, M.Ed.



July 29, 30, 31 11:00am-12:30pm
"Transition to Middle School"
-managing changes & challenges
*students entering middle school this fall
Instructor: Lexi Aleksa, M.Ed.



August 12, 13, 14 11:00am-12:30pm
"Jumping into Grade 1"
-social coaching/1st grade readiness
*students entering grade 1 this fall
Instructor: Kristen Gazda, M.Ed.



August 5, 6, 7 9:00am-10:30am
"Mighty Minds" -self-esteem/
self confidence
*students entering grades 2-4
Instructor: Lexi Aleksa, M.Ed.



July 22, 23, 24 9:00am-10:30am
*girls entering grades 3-5
July 22, 23, 24 11:00am-12:30pm
*girls entering grades 1-2
"Growing Healthy Friendships"
-GIRLS friendship skills/No More Drama!
Instructor: Lexi Aleksa, M.Ed.



August 5, 6, 7 11:00am-12:30pm
"Worry Warriors" -anxiety management
*students entering grades 3-5
Instructor: Lexi Aleksa, M.Ed.



Mini Camps = 3 days, 90 minutes per day. Space is limited to 6 students per mini camp. Students should bring a water bottle and a peanut free snack each day.

Please see the reverse side for a description of mini camps offered this summer.

All registration is completed on the website: www.BeWellwithSEL.com

For more information, please contact **Kristen Perrotti**:

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978-407-6671

 www.facebook.com/BeWellwithSEL

 @BeWellwithSEL



MINI CAMP DESCRIPTIONS

Mini Camps = 3 days, 90 minutes per day. Space is limited to 6 students per mini camp.

"Worry Warriors" -anxiety management

Campers 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. Campers will practice breathing strategies, progressive muscle relaxation techniques, and craft their own worry monsters! Participants will learn how to handle the "what ifs" and practice 3 mindfulness techniques.

"Jumping into Kindergarten" -social coaching/ Kindergarten readiness

Campers (and their families!) will experience MANY emotions during their foundational Kindergarten school year. Emotional management, personal space, sharing, turn taking, following the group plan, and listening skills will be taught. Campers will learn what social, emotional, and behavioral expectations are needed for JUMPING into their kindergarten year with success!

"Navigating Friendships -Taylor's Version" -friendship skills

Campers will *Make the Whole Place Shimmer* by practicing "Bucket Filling" strategies and celebrating uniqueness and differences among friends. Campers will learn conflict resolution skills and craft their own tools for moments when they *Need To Calm Down*. They will learn what strengthens and weakens social relationships since *It's Nice to Have a Friend*. Students will *Shake it Off* with Taylor Swift themed crafts, music, and more!

"Jumping into Grade 1" -social coaching/ 1st grade readiness

First grade can feel like a big "jump" into elementary school. Students will learn strategies to solve social conflict, and engage in activities to help develop their self-confidence and increase their self-esteem. Participants will learn about diversity, celebrate uniqueness among their peers, and learn the difference between fair vs. equal. They will practice what social, emotional, and behavioral expectations are needed for JUMPING into their 1st grade year with success!

"Transition to Middle School" -managing changes & challenges

Entering middle school can cause a variety of BIG emotions! Campers will explore the changes and challenges associated with the transition from elementary to middle school. They will discuss ways to keep and make new friends, manage anxious thoughts and feelings, and persevere when things feel hard. Campers will also have the chance to ask questions to current middle school students.

"Growing Healthy Friendships" -GIRLS friendship skills/ No More Drama!

Developing new friendships and maintaining existing ones can be a challenge -at all ages! Campers will learn how friendships are like gardens -just like flowers and plants, everyone is different and beautiful in their own way. They 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 discussed.

"Zones of Regulation" -self-regulation/emotional control

Campers will learn the 4 colored "zones" that our bodies and brains move in and out of each day. They will use the "Zones of Regulation" approach to self-regulate their behaviors, emotions, and sensory needs so they (and others around them) can feel comfortable. Using the Zones' concepts and visuals, students will be shown how to recognize their feelings and level of arousal, then employ strategies for optimal learning.

"Mighty Minds" -self-esteem/self-confidence

Campers will learn ways to develop a healthy mindset, celebrate their uniqueness, and let their light shine! Participants will be shown how to flip negative thoughts into positive ones, and identify various strengths they hold within their own personalities!

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' social-emotional well-being. Kristen and her licensed instructors develop and deliver Social Emotional Learning (SEL) lessons in a small group format to participants. Each mini camp includes stories, discussions, games, videos, movement activities and/or crafts all relating to SEL skills. Skills and strategies taught are educationally based "enrichment programs" and are not individual treatment plans or a form of therapy for students. Campers do NOT need to have a diagnosis in order to participate in a SEL group. Campers have FUN while learning valuable skills!

To register for a group, please visit:

www.BeWellwithSEL.com