



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

"Chats and Crafts" GIRLS' self-esteem group (grades 3-5)

Students should be empowered to recognize their individual worth and develop confidence in themselves, their abilities, and the choices they make. A realistic and positive sense of self can lead to improved mental and physical health, better school performance, improved relationships, and a greater sense of control over one's life...all of which lead to greater happiness! Students' confidence increases only when they become more aware of their own unique abilities and attributes. During this 6 week girls' group, members will participate in chats and crafts that help build self-worth and develop a healthy sense of self.



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 **Kristen Gazda**. Mrs. Gazda is a licensed early childhood educator with over 14 years of experience. She is currently a North Andover public school educator, and is skilled at infusing SEL into her daily classroom routine. 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 (these 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 4:45pm-5:30pm
(6 sessions / 45 minutes per session)
5/2, 5/9, 5/16, 5/23, 5/30, 6/6

Location: Be Well with SEL, LLC
Jefferson Office Park
800 Turnpike Street
(Large Conference Room -1st floor)
North Andover, MA 01845

Ages: GIRLS in grades 3-5

Instructor: Kristen Gazda

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

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

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For more information:
kperrotti80@gmail.com

978-407-6671

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