



MOVING UP TO MIDDLE SCHOOL

MANAGING CHANGES & CHALLENGES

4 WEEK GROUP (ENTERING MIDDLE SCHOOL)

Moving up to middle school can cause a variety of BIG emotions! Participants 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, learn strategies to manage anxious thoughts and feelings, and learn how to persevere when things feel new and tricky. Participants will practice opening combination locks (locker practice!), and have the chance to ask questions to a few current middle school students.

TUESDAYS 5:00PM-5:50PM

**7/28
8/4
8/11
8/18**

Register
NOW



Developed &
Delivered by
Kristen Perrotti,
owner/founder of **Be
Well with SEL, LLC**



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SOCIAL STARS

BUILDING POSITIVE CONNECTIONS

4 WEEK GROUP (GRADES 3-5)

During this 4 week social skills group, students will practice skills to help them connect, communicate, and shine in everyday situations. Participants will learn how to use their social filter (Think it vs. Say it) and the power of their words. They will practice positive thinking (Baditude vs. Gratitude) and learn how our attitude affects those around us. Tips for successful conversations and strategies to show good sportsmanship will also be taught. Through the use of stories, games, activities, and hands-on fun, students will learn skills to help them socially SHINE!

TUESDAYS 4:00PM-4:50PM


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