

MARCH-APRIL 2026



5 week  
social emotional learning  
groups

**Be Well with SEL, LLC**  
790 Turnpike Street, Suite 102  
North Andover, MA 01845  
978-407-6671

MONDAYS  
3:50-4:50PM

## Best Me I Can Be social skills (grades 3-5)

Dates: 3/9, 3/16, 3/23, 3/30, 4/6

This social skills group is designed to help students develop and strengthen friendships, understand and respect personal space, and recognize the difference between tattling and reporting. Participants will practice strategies to reduce interrupting, and interact confidently and respectfully with others. Through the use of games, hands on activities, stories, video clips, and crafts, students will have FUN while learning the “what to say” and the how to say it” socially appropriate.

MONDAYS  
5:00-6:00PM

## Superhero Strengths social skills (grades K-2)

Dates: 3/9, 3/16, 3/23, 3/30, 4/6

Students will learn superhero strengths, such as managing emotions and behavior. They will learn how to use their “super coping skills” to get through tough moments with a positive attitude. Participants will learn how superheroes show care and concern for others, and demonstrate responsible decision making. Through the use of superhero stories, games, activities, and crafts, students will see how they hold superhero powers within themselves!

TUESDAYS  
3:50-4:50PM

## Worry Warriors anxiety management (grades K-2)

Dates: 3/3, 3/17, 3/24, 3/31, 4/7

Participants will be shown various coping skills to manage anxious thoughts and 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. Who knew learning about worry could be so much FUN?!

TUESDAYS  
5:00-6:00PM

## Chill Skills anger management (grades 3-5)

Dates: 3/3, 3/17, 3/24, 3/31, 4/7

Students will learn various tools and strategies to manage anger. Participants will learn that anger is a normal feeling, however how we respond to our angry feelings is important! They will be shown how to recognize their individual body clues, identify triggers, and label their angry feelings. Students will be shown calming techniques, learn how to reframe negative thinking, and practice self advocating in healthy ways.

Register  
**Now**



kperrotti80@gmail.com

www.BeWellwithSEL.com