



Be Well with SEL, LLC

790 Turnpike Street, Suite 102
North Andover, MA 01845



2 sessions offered!

BUILDING SEL SKILLS
WITH LEGOS

social coaching/Lego building

(ENTERING GRADES 3-5)

July 7, 8, 9 10am-12pm

(ENTERING GRADES K-2)

July 28, 29, 30 9am-11am



EMOTION EXPLORERS

feelings adventure camp

(ENTERING GRADES 1-3)

August 3, 4, 5 9am-11am

2026

Flip over for a description of the SEL camps offered

Social Emotional Learning
SUMMER CAMPS



JUMPING INTO
KINDERGARTEN

social coaching/Kindergarten readiness

(ENTERING GRADE K THIS FALL)

August 10, 11, 12 9am-11am



WORRY WARRIORS

anxiety management

(ENTERING GRADES 3-5)

August 18, 19, 20 8:30am-10:30am



SEL CAMPS RUN FOR 3 DAYS, 2 HOURS PER DAY. STUDENTS SHOULD BRING A PEANUT FREE SNACK AND A WATER BOTTLE EACH DAY.

Register Now!



For more information please contact Kristen Perrotti:

www.BeWellwithSEL.com
978-407-6671

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www.Facebook.com/BeWellwithSEL



CAMP DESCRIPTIONS:



BUILDING SEL SKILLS WITH LEGOS social coaching/Lego building

entering grades
K-2 & 3-5

Campers will explore emotions and practice “we thinking” vs. “me thinking” skills. Growth mindset skills will be shown (positive self talk, the power of YET, flexible thinking). While collaborating and building, campers will learn conflict resolution skills and how to persevere through team challenges. Through the use of stories, games, and LEGO building activities, campers will have FUN while learning valuable social emotional learning (SEL) skills!

2 sessions offered!

EMOTION EXPLORERS feelings adventure camp

entering
grades 1-3

Campers will set off on an adventure to better understand their feelings! Through games, movement, art, and hands-on activities, campers will travel to and explore various “Emotional Destinations” (Emotion Island, Happy Harbor, Sad Sea, Mad Mountain, Worry Woods, Calm Cove, & Confidence Canyon). Using emotion maps, passport stamps, and coping tools, campers will build emotional awareness and increase their confidence.

JUMPING INTO KINDERGARTEN social coaching/Kindergarten readiness

entering
grade K

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!

WORRY WARRIORS anxiety management

entering
grades 3-5

Campers 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. 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, so they can head into the new school year equipped with tools.

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