



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

"Worry Warriors" **anxiety management group (grades 3-5)**

Everyone worries at times, however excessive worrying can interfere with a child's learning, social development, and family life. Wherever and whenever worry shows up, students should have some coping skills to manage these anxious feelings. During this 6 week session, students will learn tools and strategies to identify *where* in their body they feel it (understand the difference between nervous belly vs. sick belly), identify things they can/cannot control, and how to "talk back" to their worries using worry monsters! Students will learn how to handle the "what ifs" and practice 3 mindfulness techniques. Students will also learn, craft and take home their own coping strategies to calm their brains and bodies.



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' mental and behavioral well-being by developing and delivering social emotional learning (SEL) lessons in a safe and comfortable small group format. 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 classes / 45 minutes per class)
5/2, 5/9, 5/23, 5/30, 6/6, 6/13/23
*no class on 5/16

Location: Be Well with SEL, LLC
Jefferson Office Park
800 Turnpike Street, Suite 26 (1st floor)
North Andover, MA 01845

Ages: students in grades 3-5

Instructor: Kristen Perrotti

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

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

www.BeWellwithSEL.com

For more information:
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978-407-6671

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