

BE WELL WITH SEL

5-WEEK SOCIAL-EMOTIONAL LEARNING GROUPS

SATURDAY MORNING GROUPS!

Saturdays
9:00-10:00am

Super Skills Saturdays

Coping Skills Group Grades K-2

Dates: 3/7, 3/14, 3/21, 3/28, 4/4

This coping skills group is designed to help students learn fun and effective ways to manage big feelings, calm their bodies, and handle everyday challenges. Using a safari-themed adventure, participants will explore coping and regulation skills while practicing emotional control, problem-solving, flexibility, and asking for help. Through games, hands-on activities, movement, stories, and crafts, students will build practical skills in an engaging and supportive environment.

BEE Yourself Saturdays

Girls Self-Esteem Group Grades 3-5

Dates: 3/7, 3/14, 3/21, 3/28, 4/4

Bee Yourself Saturdays is a spring-themed self-esteem group focused on helping confidence and self-awareness bloom. Through supportive group discussions and guided activities, participants will practice positive self-talk, assertive communication, healthy friendship skills, and coping with mistakes. Using a fun “Bee Yourself” approach, students will strengthen their sense of self and grow confidence in being themselves!

Saturdays
10:15-11:15am



REGISTER NOW



Groups developed and facilitated by:

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