



# Be Well with SEL, LLC

790 Turnpike Street, Suite 102  
North Andover, MA 01845

schedule as of 2/26/25

\*please note more camps  
may be added!



## BUILDING SEL SKILLS WITH LEGOS

(ENTERING GRADES 3-5)

July 7, 8, 9 9am-11am

(ENTERING GRADES K-2)

July 28, 29, 30 9am-11am



Flip over for a description of  
the SEL camps offered



## SUPERHERO STRENGTHS

social skills

(ENTERING GRADES 1-3)

August 12, 13, 14 9am-11am



## WORRY WARRIORS

anxiety management

(ENTERING GRADES 3-5)

August 18, 19, 20 9am-11am

# 2025 Social Emotional Learning Summer Camps



## JUMPING INTO KINDERGARTEN

social coaching/Kindergarten readiness

(ENTERING GRADE K THIS FALL)

2 SESSIONS OFFERED!

July 21, 22, 23 9am-11am

August 4, 5, 6 9am-11am



## SELF CONTROL SURFERS

self regulation (beach themed!)

(ENTERING GRADES 1-3)

August 18, 19, 20 1pm-3pm

PLEASE VISIT THE WEBSITE  
REGULARLY FOR SINGLE EVENT  
WORKSHOPS ADDED THIS  
SUMMER!

\*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:





2025

# Social Emotional Learning Summer Camps

## BUILDING SEL SKILLS WITH LEGOS

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!

## WORRY WARRIORS

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.

## SUPERHERO STRENGTHS

Campers 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. Campers 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, campers will see how they hold superhero powers within themselves!

## SELF CONTROL SURFERS

Campers will be shown how to use self control strategies to improve peer relationships and family life. Participants will be shown the "Stop, Think, Choose" method as well as strategies for waiting. Topics including following rules, turn taking, and interrupting will be taught. Campers will be shown the difference between "Smooth Sailing" vs. "Total Wipeout" words, as they learn how to filter their thoughts/statements.

## JUMPING INTO KINDERGARTEN

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!

*Register  
Now!*



*For more information please contact Kristen Perrotti:*

