



PLEASE JOIN US FOR A

SEL

Holiday Party



OPEN TO STUDENTS IN GRADES K-5

MONDAY, DECEMBER 16TH
3:45PM-5:00PM

PLEASE JOIN US FOR COCOA, COOKIES, AND CRAFTS!

The holiday season can be filled with joy and excitement, however it can also feel stressful and busy! Students will practice some mindfulness techniques (practicing gratitude, awareness of their thoughts, feelings, surroundings, etc.) so they can handle the unique stressors that come with the holidays. Students will be shown how to use their “social filters” (Think it vs. Say it) when visiting with family and friends. Filtering our thoughts prevents us from offending, hurting, or embarrassing others...a skill that comes in handy when receiving unwanted holiday gifts! Lastly, participants will learn about other students’ holiday traditions and culture.

When we respect and appreciate differences in holiday celebrations, we help foster a sense of social awareness.

790 TURNPIKE STREET, SUITE 102
NORTH ANDOVER, MA 01845

STUDENTS MAY WEAR HOLIDAY PAJAMAS!

COST: \$25/STUDENT

REGISTER HERE:

