



Be Well with SEL, LLC
790 Turnpike Street, Suite 102
North Andover, MA 01845

Social Emotional Learning (SEL) groups meet for 5 classes, 60 minutes per class

JANUARY-FEBRUARY 2026

MONDAYS
3:50PM-4:50PM

I GOT A FEELING! emotional management (grades K-2)

Students will learn that ALL feelings are okay to have...they are like visitors that come and go! Big feelings such as worry, anger, sadness, shyness and guilt will be explored. Students will learn the somatic sensations of each, as well as skills and strategies to manage them. Through the use of stories, hands-on activities, games, and crafts, students will have FUN while learning how to manage their emotions.

Classes meet: 1/5, 1/12, 2/2, 2/9, 2/23

MONDAYS
5:00PM-6:00PM

GROWING HEALTHY FRIENDSHIPS GIRLS' friendship skills (grades 3-5)

Students will learn how friendships are like gardens -just like flowers and plants, everyone is different and beautiful in their own way. Participants will learn what "ingredients" are needed in order to help friendships grow strong. Friendship "fence lines" (boundaries) and strategies to steer clear of "drama goats" in our garden of friendships will be reviewed. Just like gardens, building friendships is a process, and bumps along the road are expected.

Classes meet: 1/5, 1/12, 2/2, 2/9, 2/23

TUESDAYS
4:30PM-5:30PM

(grades 3-4)

STUDY SKILLS & TUTORING LAB tutoring/study skills

Homework battles? Unsure how to prepare for an exam? Our Study Lab provides a structured, supportive space where students receive assistance with their homework and assignments from a certified special education and math teacher. Each session blends weekly academic tutoring PLUS quick, practical strategies for note taking, test prep, organization and more. Students will learn skills to **Learn it, Remember it, and Crush it!** *Students must bring their own homework and assignments each week.

Classes meet: 1/13, 1/20, 1/27, 2/3, 2/10

TUESDAYS
5:45PM-6:45PM

(grades 5-8)

THURSDAYS
3:50PM-4:50PM

CHILL SKILLS anger management (grades 3-5)

Students will learn various tools and strategies to manage anger. Participants will learn that anger is a normal feeling, however how we respond to our angry feelings is important! They will be shown how to recognize their individual body clues, identify triggers, and label their angry feelings. Students will be shown calming techniques, learn how to reframe negative thinking, and practice self advocating in healthy ways.

Classes meet: 1/8, 1/15, 1/22, 1/29, 2/5

THURSDAYS
5:00PM-6:00PM

LEARNING THROUGH LEGOS social skills/playgroup (grades K-2)

Through the use of stories, games, and LEGO building activities, students will practice emotional regulation skills, listening, sharing, turn taking, compromising, following the group plan, and so much more!

Classes meet: 1/8, 1/15, 1/22, 1/29, 2/5

For more information, please contact:

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Register
NOW

