



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

"Game Changers" social skills/good sportsmanship group (grades K-2)

Whether playing a board game, video game, or a competitive sport, it is important for students to demonstrate good sportsmanship. During this 6 week social skills group, students will be shown how to win and lose graciously, cooperate, and respect their teammates and opponents. Students will learn the importance of following rules and playing fair during games. Strategies for handling disappointment, as well as accepting criticism and feedback will be taught. Lastly, students will practice demonstrating a positive attitude and persevering when things feel challenging. With a positive mindset we can change the way we think about any competitive activity, and it can be a total *game changer!*



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: Thursdays 3:45pm-4:30pm
(6 classes / 45 minutes per class)
5/4, 5/11, 5/18, 5/25, 6/1, 6/8/23

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

Ages: grades K-2

Instructor: Kristen Perrotti

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

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

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For more information:
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978-407-6671

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