November-December 2025 schedule

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.
Space is limited to 6 students per group. Topics and days offered change every 2 months.

You've Got a Friend in Me *grades K-2*
friendship skills/social coaching

Mondays
3:50pm-4:50pm

Dates: 11/10, 11/17, 11/24, 12/1, 12/8
Instructor: Kristen Perrotti, M.Ed/CAGS

Social Stars *grades 3-5*
social skills

Mondays
5:00pm-6:00pm

Dates: 11/10, 11/17, 11/24, 12/1, 12/8
Instructor: Kristen Perrotti, M.Ed/CAGS

Executive FUNction & Flow *grades 3-5*
focus, follow through, & find your flow

Tuesdays
4:30pm-5:30pm

Dates: 11/18, 11/25, 12/2, 12/9, 12/16
Instructor: Kerin Derosier, M.Ed

Executive FUNction & Flow *middle schoolers*
focus, follow through, & find your flow

Tuesdays
5:45pm-6:45pm

Dates: 11/18, 11/25, 12/2, 12/9, 12/16
Instructor: Kerin Derosier, M.Ed

Worry Warriors *grades 3-5*
anxiety management

Thursdays
3:50pm-4:50pm

Dates: 11/6, 11/13, 11/20, 12/11, 12/18
Instructor: Kristen Perrotti, M.Ed/CAGS

Worry Warriors *grades K-2*
anxiety management

Thursdays
5:00pm-6:00pm

Dates: 11/6, 11/13, 11/20, 12/11, 12/18
Instructor: Kristen Perrotti, M.Ed/CAGS

Through the use of stories, games, video clips, crafts, and hands on activities, students have FUN while learning valuable social emotional learning skills!

Group Descriptions ON BACK

For more info, contact:
KRISTEN PERROTTI
978-407-6671
kperrotti80@gmail.com
www.BeWellwithSEL.com

Register FOR A 5 WEEK GROUP HERE

November-December 2025 SEL Group Descriptions

Worry Warriors
anxiety management

Participants 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. Students will practice breathing strategies, progressive muscle relaxation techniques, and craft their own worry monsters! They will learn how to handle the "what ifs" and practice 3 mindfulness techniques.

Social Stars
social skills

Participants will learn all about friendships, forgiveness, and letting go of grudges. They will learn about the power of their words, teasing do's and don'ts, and ways to show good sportsmanship . Students will be shown how to "think it" vs. "say it" (using social filters) and how our attitude affects those around us ("Baditude" vs. "Gratitude"). Skills and concepts taught will help participants socially SHINE!

Executive FUNction & Flow
focus, follow through, & find your flow

Executive Functioning Skills (planning, organizing, time management, flexibility) are essential for success in school, friendships, and daily living. Executive FUNction & Flow makes learning these skills enjoyable through games, challenges, and real world practice. Simple mindfulness strategies to help students pause, reset, and stay calm when life feels overwhelming will also be shown. Combining practical tools with mindful awareness, students will learn how to focus, follow through, and find their flow -skills that will serve them for a lifetime!

You've Got a Friend in Me
friendship skills/social coaching

Research shows that having at least one good friend can increase a student's sense of belonging and purpose, boost happiness, and reduce stress. Students will learn strategies to make and keep friends. They will learn how to appropriately communicate, play with, and solve social conflict with peers. Participants will be shown the difference between positive attention vs. negative attention, as well as behaviors that make a "sweet friend" vs. a "sour friend".

Wednesday Workshops
single event workshops

offered on Wednesdays 4pm-5pm

**please see website or separate flyer for dates and topics as they become available*

Register FOR A 5 WEEK GROUP HERE

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