



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

"The Best Me I Can Be" social skills group (grades K-2)

Many students need help navigating their social world. Research has shown that using books depicting the world through a child's lens can enhance a student's learning experience. Julia Cook, award winning children's author and former school counselor, has written nearly 100 books that give students both the "what to say" and the "how to say it" socially appropriate. During this 6 week session, through the use of games, activities, and Julia Cook's stories, students will learn skills to make and keep friends, the importance of personal space, the difference between tattling and telling, strategies to refrain from interrupting, and self-management techniques to control impulsive behavior or angry feelings.



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 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: Mondays 3:45pm-4:30pm
(6 classes / 45 minutes per class)
5/1, 5/8, 5/15, 5/22, 6/5, 6/12/23
**no class on 5/29 -Memorial Day*

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

Ages: students in grades K-2

Instructor: Kristen Perrotti

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

Register your child for a group on the website: www.BeWellwithSEL.com

www.BeWellwithSEL.com

For more information:
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978-407-6671



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