



5 week
social emotional learning
groups

Be Well with SEL, LLC
790 Turnpike Street, Suite 102
North Andover, MA 01845
978-407-6671

MONDAYS
5:00-6:00PM

Self Control Surfers

self regulation (grades K-2)

Dates: 5/4, 5/11, 5/18, 6/1, 6/8

During this beach themed self regulation group, students will be shown self control strategies to improve peer relationships, family life and school engagement. Participants will be shown the “Stop, Think, Choose” method and skills for waiting. Following rules, turn taking, and interrupting strategies will be reviewed and practiced. Students will be shown the difference between “smooth sailing” vs. “total wipeout” words, as they learn how to filter their thoughts and comments!

TUESDAYS
3:50-4:50PM

Thrive Time

confidence & connections
(middle school)

Dates: 5/19, 5/26, 6/2, 6/9, 6/16

Middle School students will connect with peers and learn how to manage day to day stress, handle social conflict, and drama. Students will learn how to strengthen their social relationships, and be mindful of their body language, facial expressions and tone of voice during conversations. They will learn how to celebrate their uniqueness and understand the difference between healthy vs. unhealthy peer relationships.

THURSDAYS
3:50-4:50PM

Story & Skill Studio

story, skill & craft (grades K-2)

Dates: 5/21, 5/28, 6/4, 6/11, 6/18

Students will read a story that enhances their social emotional learning skills, then participate in a lesson, craft and activity that coincides with the book. Topics include managing big feelings, friendship skills, letting go of grudges/forgiving friends, bucket filling, interrupting and more. Roll up your sleeves and get crafty with us!

THURSDAYS
5:00-6:00PM

The Friendship Factory

friendship skills (grades 3-5)

Dates: 5/21, 5/28, 6/4, 6/11, 6/18

Students will learn how to become “Friendship Builders” in a place where they can design, test, and produce strong, healthy friendships. Participants will practice and strengthen their *communication conveyor belt* (conversation skills), *kindness assembly lines* (good friend behaviors), and visit the *problem solving repair shop* (conflict resolution skills).

All groups use a mix of direct instruction, video clips, games, crafts, and hands-on activities. Students have FUN while learning valuable social emotional learning skills!

Register
NOW



kperrotti80@gmail.com

www.BeWellwithSEL.com

MAY-JUNE 2026