



Be Well with SEL, LLC  
790 Turnpike Street, Suite 102  
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# FEBRUARY Heart Smart

Open to  
Grades K-5  
Drop off Only

## Workshops

2/4/26

### Friendship Fix-Its

During this friendship skills workshop, participants will explore grudges, forgiveness, and gratefulness. Students will practice “grape thinking” and “sweet vs. sour thinking” as tools to use when experiencing bumps in their friendships. Students will examine the book *The Sour Grape*, enjoy games, a craft, & a STEM activity, all while strengthening friendship skills.

2/11/26

### Building Brave Hearts

Participants will engage in discussions, activities, and crafts that help build self esteem, self worth, and self confidence. Students will be shown things we can DO, SAY, and THINK to help grow our brains. Even when we make mistakes... our brains are growing! Positive self talk and learning how to start embracing our own unique abilities will be practiced.

2/25/26

### Big Feelings, Big Fun

Participants will learn that big feelings are like visitors... they WILL go away. Students will listen to Kristen Perrotti's book *Shark & His Visitors: a Book About Big Feelings* and learn the somatic symptoms of their own big feelings. Students will learn “The 2 B's” as strategies to manage big emotions. Shark games and crafts will be included!



**Workshops meet 4pm-5pm**

**Cost: \$25/workshop** (\$10 discount off all 3)

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[www.BeWellwithSEL.com](http://www.BeWellwithSEL.com)

Register  
**NOW**

