



# Be Well with SEL, LLC

social emotional learning groups

## JANUARY-FEBRUARY 2025 SCHEDULE

790 TURNPIKE STREET, SUITE 102 NORTH ANDOVER, MA 01845

Please see reverse side for a description of groups offered this session.

### MONDAYS

1/6  
1/13  
1/27  
2/3  
2/10

*\*NO CLASSES 1/20*

**3:50-4:50PM**  
GRADES 3-5

### WORRY WARRIORS

anxiety management

**3:50-4:50PM**  
GRADES PRE-K / K (4-5 YEARS OLD)

### LEARNING THROUGH LEGOS

social coaching/playgroup

**5:00-6:00PM**  
GRADES 3-5 (GIRLS)

### CHATS AND CRAFTS

self esteem, friendship & connection for GIRLS

**5:00-6:00PM**  
GRADES 3-5

### ZONES OF REGULATION

self regulation/emotional control

### TUESDAYS

1/7  
1/14  
1/28  
2/4  
2/11

**3:50-4:50PM**  
GRADES K-4

### SEL CRAFTERNOONS

SEL skills through books and crafts

**5:00-6:00PM**  
GRADES K-2

### WORRY WARRIORS

anxiety management

### WEDNESDAYS

1/15  
1/22  
1/29  
2/5  
2/12

**3:50-4:50PM**  
GRADES K-3

### NAVIGATING FRIENDSHIPS - TAYLOR'S VERSION

Taylor Swift friendship skills

**5:00-6:00PM**  
GRADES 3-5

### I GOT A FEELING!

emotional management

### THURSDAYS

1/9  
1/16  
1/23  
1/30  
2/6

**3:50-4:50PM**  
GRADES K-2

### CHILL SKILLS

anger management

**5:15-6:15PM**  
GRADES K-2

### BEST ME I CAN BE

social skills

**4:00-5:00PM**  
GRADES 3-5

### BEST ME I CAN BE

\*at Woburn Pediatrics

social skills

*Register  
online*

# JANUARY-FEBRUARY 2025 SEL GROUP DESCRIPTIONS

## Worry Warriors

PARTICIPANTS WILL BE SHOWN VARIOUS COPING SKILLS TO MANAGE ANXIOUS 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.

## Learning through Legos

PARTICIPANTS WILL PRACTICE IDENTIFYING EMOTIONS AND LEARN THAT ALL FEELINGS ARE OK TO HAVE. THROUGH THE USE OF STORIES, GAMES, AND LEGO BUILDING ACTIVITIES, STUDENTS WILL HAVE FUN WHILE LEARNING LISTENING SKILLS, SHARING, TURN TAKING, COMPROMISING, FOLLOWING THE GROUP PLAN, AND SO MUCH MORE!

## I Got a Feeling!

STUDENTS WILL LEARN THAT ALL FEELINGS ARE OKAY TO HAVE...THEY ARE LIKE VISITORS THAT COME AND GO! MANAGING EMOTIONS AND BEHAVIOR CAN BE CHALLENGING...ESPECIALLY WHEN A BIG FEELING SHOWS UP. STUDENTS WILL EXPLORE A DIFFERENT FEELING EACH WEEK (WORRY, ANGER, SADNESS, SHYNESS, AND GUILT). PARTICIPANTS WILL PRACTICE IDENTIFYING WHERE IN THEIR OWN BODY THEY FEEL THE SOMATIC SYMPTOMS OF EACH FEELING, THEN LEARN SKILLS AND STRATEGIES TO COPE WITH IT.

## Navigating Friendships- Taylor's Version

STUDENTS WILL *MAKE THE WHOLE PLACE SHIMMER* BY PRACTICING "BUCKET FILLING" STRATEGIES AND CELEBRATING UNIQUENESS AND DIFFERENCES AMONG FRIENDS. PARTICIPANTS WILL LEARN CONFLICT RESOLUTION SKILLS AND CRAFT THEIR OWN TOOLS FOR MOMENTS WHEN THEY *NEED TO CALM DOWN*. THEY WILL LEARN WHAT STRENGTHENS AND WEAKENS SOCIAL RELATIONSHIPS SINCE *IT'S NICE TO HAVE A FRIEND*. STUDENTS WILL *SHAKE IT OFF* WITH TAYLOR SWIFT THEMED CRAFTS, MUSIC, AND MORE!

## Best Me I Can Be

STUDENTS WILL LEARN SKILLS TO MAKE AND KEEP FRIENDS, THE IMPORTANCE OF PERSONAL SPACE, AND THE DIFFERENCE BETWEEN TATTLING AND TELLING. PARTICIPANTS WILL BE SHOWN STRATEGIES TO REFRAIN FROM INTERRUPTING, AS WELL AS SELF MANAGEMENT TECHNIQUES TO CONTROL IMPULSIVE BEHAVIOR OR ANGRY FEELINGS WITH PEERS. THROUGH THE USE OF GAMES, ACTIVITIES, AND STORIES WRITTEN BY JULIA COOK, STUDENTS WILL HAVE FUN WHILE LEARNING THE "WHAT TO SAY" AND THE "HOW TO SAY IT" SOCIALLY APPROPRIATE.

## Chill Skills

STUDENTS WILL LEARN THAT ANGER IS A NORMAL FEELING, HOWEVER WHAT THEY DO WITH THEIR ANGER IS IMPORTANT. VARIOUS TOOLS AND STRATEGIES TO MANAGE ANGRY FEELINGS WILL BE TAUGHT. PARTICIPANTS WILL BE SHOWN HOW TO RECOGNIZE THEIR BODY CLUES, IDENTIFY TRIGGERS, LABEL THEIR ANGRY EMOTIONS, UTILIZE CALMING STRATEGIES, REFRAME NEGATIVE THINKING, AND SELF-ADVOCATE IN A HEALTHY WAY DURING SOCIAL CONFLICT.

## Chats & Crafts

GIRLS WILL PARTICIPATE IN CHATS AND CRAFTS THAT HELP BUILD SELF-WORTH AND DEVELOP A HEALTHY SENSE OF SELF. STUDENTS' CONFIDENCE CAN INCREASE WHEN THEY BECOME MORE AWARE OF THEIR OWN UNIQUE ABILITIES AND ATTRIBUTES, AND DEVELOP POSITIVE CONNECTIONS WITH PEERS. TOPICS SUCH AS BODY POSITIVITY, CELEBRATING UNIQUENESS, OPTIMISM, GOAL SETTING, AND PERSEVERANCE WILL BE COVERED...WITH FUN CRAFTS TO ACCOMPANY.

## Zones of Regulation

STUDENTS WILL LEARN THE 4 COLORED "ZONES" THAT OUR BODIES AND BRAINS MOVE IN AND OUT OF EACH DAY. THEY WILL USE THE "ZONES OF REGULATION" APPROACH TO SELF-REGULATE THEIR BEHAVIORS, EMOTIONS, AND SENSORY NEEDS SO THEY (AND OTHERS AROUND THEM) CAN FEEL COMFORTABLE. USING THE ZONES' CONCEPTS AND VISUALS, STUDENTS WILL BE SHOWN HOW TO RECOGNIZE THEIR FEELINGS AND LEVEL OF AROUSAL, THEN APPLY STRATEGIES FOR OPTIMAL LEARNING.

## SEL Crafternoons

STUDENTS WILL READ A BOOK RELATED TO SOCIAL EMOTIONAL LEARNING, THEN COMPLETE A LESSON AND CRAFT THAT COINCIDES WITH THE BOOK. ALL CRAFTS WILL BE BENEFICIAL FOR FUTURE USE! TOPICS WILL INCLUDE MANAGING BIG FEELINGS, FRIENDSHIPS SKILLS, BUCKET FILLING, INTERRUPTING AND MORE! ROLL UP YOUR SLEEVES AND GET CRAFTY WITH US!

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Register  
online

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