



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

## **"We Can SOAR!" (Show One Another Respect)** **social skills group (grades 1-4)**

During this 6 week social skills session, students will learn what behaviors are expected when socializing with peers. Students will explore topics such as "friendly tease" vs. "mean tease", honesty, and winning/losing games appropriately. They will be shown strategies to become a "pull-upper" rather than a "one-upper". Lastly, students will learn ways to develop a positive attitude rather than a "Baditude" (Bad Attitude), by turning their "have tos" into "get tos". Students will practice communicating with confidence and learn how to SOAR (Show One Another Respect)!



### **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. The instructor for this group will be **Kristen Gazda**. Mrs. Gazda is a licensed early childhood educator with over 14 years of experience. She is currently a kindergarten teacher in North Andover public schools, and is skilled at infusing SEL into her daily classroom routine. 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:** Tuesdays 4:45pm-5:30pm  
(6 sessions / 45 minutes per session)  
11/1, 11/15, 11/22, 11/29, 12/6, 12/13/22  
(no class on 11/8)

**Location:** Be Well with SEL, LLC  
Jefferson Office Park  
800 Turnpike Street  
(1st floor large conference room)  
North Andover, MA 01845

**Ages:** grades 1-4

**Instructor:** Kristen Gazda

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

Register your child today on the website: [www.BeWellwithSEL.com](http://www.BeWellwithSEL.com)

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For more information:  
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