



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



**SEL group for  
homeschooled  
students**

# I GOT A FEELING!

## emotional management group for homeschooled students

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. During this 5 week class, participants will explore big feelings (worry, anger, sadness, shyness, guilt). Students will learn the somatic symptoms of each emotion that visits us, and be shown skills and strategies to manage them. *Class is drop off only*, however parents/guardians may wait in the waiting area.

**WEDNESDAYS 9:30AM-10:30AM**

5/14, 5/21, 5/28, 6/4, 6/11

**AGES 6-11**

**Be Well with SEL, LLC**

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North Andover, MA 01845

**INSTRUCTOR: KRISTEN PERROTTI, M.ED., CAGS**

### WHAT IS SEL?

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 is also the author of the children's book *Shark & His Visitors: A Book About BIG Feelings*. Kristen develops and delivers SEL lessons and workshops that help equip students with the skills necessary to manage their emotions and navigate their social world.

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