

November-December 2026 schedule



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

Social Emotional Learning (SEL) groups meet for 5 classes, 60 minutes per class.

Mindful Movers

strengthening self regulation skills

grades K-2

Mondays

5:00pm-6:00pm



Dates: 11/9, 11/16, 11/23, 11/30, 12/7

Research shows that mindfulness, breathwork, meditation, and yoga can strengthen students' **self regulation**, social development, focus, and overall well-being. Participants will learn techniques to help calm their minds and bodies, and respond in healthy ways. Through movement, games, yoga, breathing, and mindful activities, students will build a practical toolbox of skills they can use anywhere.



Executive FUNction & Flow

focus, follow through, & find your flow

grades 3-5

Mondays

6:15pm-7:15pm



Dates: 11/9, 11/16, 11/23, 11/30, 12/7

Executive Functioning Skills (planning, organizing, time management, flexibility) are essential for success in school, friendships, and daily living. Participants will learn strategies to pause, reset, focus, and stay calm. Practical tools will be combined with mindful awareness, movement, and activities. Students will learn how to focus, follow through, and find their flow - all while having FUN!



Worry Warriors

anxiety management

grades 2-4

Tuesdays

4:15pm-5:15pm



Dates: 11/3, 11/10, 11/17, 11/24, 12/8

Participants will be shown various coping skills to **manage anxious thoughts and feelings**. They will learn how to identify somatic symptoms of worry and practice brave talk. Students will practice breathing strategies, progressive muscle relaxation techniques, and mindfulness. They will learn how to handle the "what ifs" and step INTO changes and challenges with confidence.



Brick by Brick:

building friendship skills one brick at a time

grades K-2

grades 3-5

Thursdays

3:50pm-4:50pm

Thursdays

5:00pm-6:00pm



Dates: 11/5, 11/12, 11/19, 12/3, 12/10

Building friendships, confidence, and social skills - one brick at a time! Students will use LEGO building challenges, games, and activities to practice teamwork, communication, problem solving, flexibility, empathy and encouragement. Each week brings a new challenge designed to help build stronger connections with others.



For more info, contact:

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Register
**FOR A 5 WEEK
GROUP HERE**

