



*open to any student  
moving up to middle  
school this fall!*



# TRANSITION TO MIDDLE SCHOOL

SEL WORKSHOP  
HOSTED BY LOVE STRUCK BOUTIQUE

**August 6th 3:00pm-5:00pm** ✨

Moving up to middle school can cause a variety of BIG emotions! Participants will explore the changes and challenges associated with the transition from elementary to middle school. They will discuss ways to keep and make new friends, and create an edible “friendship soup” recipe using the ingredients that make a healthy friendship (nut free snacks will represent the friendship qualities). Workshop participants will learn ways to manage anxious thoughts and feelings that are associated with change/transition, and learn how to persevere when things feel hard. Participants will have a chance to ask questions to current middle school students, practice opening combination locks (locker practice!), and learn a few tips to stay organized.

***Instructor: Kristen Perrotti, M.Ed, CAGS***

***Founder of Be Well with SEL, LLC***

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

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**THAT DAY**



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