

BE WELL WITH SEL
5-Week Social-Emotional Learning Groups

SATURDAY MORNING GROUPS!

APRIL/MAY 2026

SUPER SKILLS SATURDAYS

9:00-10:00 AM

Coping Skills Group Grades K-2
Dates: 4/25, 5/2, 5/9, 5/16, 5/30



Grab your binoculars and join us on a safari adventure! This coping skills group helps students learn fun and effective ways to manage big feelings, calm their bodies, and handle everyday challenges. Guided by Gerald Giraffe, Leo Lion, and other safari helpers, student explorers will practice coping, emotional control, problem-solving, flexibility, and asking for help. Using games, movement, stories, crafts, and hands-on activities, they'll put their skills into action while having fun! Let's go wild while building new skills!

STELLAR SELF SATURDAYS

10:15-11:15 AM

Self-Esteem and Confidence Group Grades 3-5
Dates: 4/25, 5/2, 5/9, 5/16, 5/30

Stellar Self Saturdays is a self-esteem group designed to help student astronauts build confidence and explore their unique selves. Participants will embark on an out-of-this-world journey as they develop positive self-talk, assertive communication, healthy friendship skills, and the ability to cope with mistakes. Through interactive activities, teamwork, and reflection, students will strengthen their sense of self and build lasting confidence in who they are. Mission ready. Confidence steady. Discover your stellar self!



REGISTER HERE →



Groups developed and facilitated by:

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