



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



SUPERHERO STRENGTHS



Preschoolers
Ages 4-6

5 Weeks ★ 5 Superpowers

Calling all little superheroes! Join us for a fun-filled 5-week playgroup where students will discover their very own social-emotional superpowers! Each week, a new superpower will be taught to help children build important skills. Through stories, movement, games, crafts, and hands-on activities, students will have fun, make new friends, and build skills they can use every day—all while training to become Superheroes of Social-Emotional Learning!

5 SUPERPOWERS:

- Kindness Power** - Friendship, sharing & taking turns
- Calm Power** - Self-regulation & calming strategies
- Feeling Power** - Recognizing & expressing emotions
- Thinking Power** - Me thinking vs. We thinking
- Brave Power** - Confidence & learning to try again

Tuesdays 10:15am-11:15am
10/13, 10/20, 10/27, 11/10, 11/17

**please note this playgroup is drop off only for ages 4-6. Students must be potty trained.*

Register
NOW

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www.BeWellwithSEL.com

