



790 Turnpike Street, Suite 102  
North Andover, MA 01845

### Make it Mondays

SEL skills  
and crafts

**3:50pm-4:50pm**  
grades 3-5

**5:00pm-6:00pm**  
grades K-2

Dates:  
3/3  
3/10  
3/17  
3/24  
3/31

#### 5 Week Group

Each week students will listen to a book that enhances their social emotional development. After discussions and activities, students will make and take a craft that coincides with the lesson. Topics include managing big feelings, friendships skills, bucket filling, interrupting and more! Roll up your sleeves and get ready to MAKE IT then take it!

### Try it Tuesdays

Single Event  
Workshops

#### Single Event Tuesday Workshops -Register for 1 or all 4!

**4:00pm-5:00pm**  
grades K-5

**3/4:** "Think it or Say it?" -using our Social Filter

**3/18:** "Managing Big Feelings" -emotional management

**4/1:** "My Mouth is a Volcano" -refraining from interrupting

**4/15:** "Growing Healthy Friendships" -friendship skills for GIRLS

Register  
FOR A WORKSHOP  
HERE



*\*Please note the cost of a single event workshop is different than the cost of a 5 week group*

### Waves of Feelings Wednesdays

Emotional  
Management

**3:50pm-4:50pm**  
grades 3-5

**5:00pm-6:00pm**  
grades K-2

Dates:  
3/5  
3/12  
3/19  
3/26  
4/2

#### 5 Week Group

Students will learn that ALL feelings are okay to have...they are like visitors that come and go! Each week, students will explore a different BIG feeling (worry, anger, sadness, guilt), then learn skills to manage it. Participants will practice identifying where in their own body they feel the somatic symptoms of each emotion, then learn brave skills to keep swimming when life's waves knock them down!

### Thoughtful Thursdays

Friendship  
Skills

**3:50pm-4:50pm**  
grades K-2

**5:00pm-6:00pm**  
grades 3-5

Dates:  
3/20  
3/27  
4/3  
4/10  
4/17

#### 5 Week Group

Research shows that having at least one good friend can increase a student's sense of belonging and purpose, boost happiness, and reduce stress. Students will learn strategies to make and keep friends, how to appropriately communicate, play/hang out with, and solve social conflict. Students will be shown the difference between positive attention vs. negative attention, as well as THOUGHTFUL behaviors that make a "sweet friend" vs. a "sour friend".

**For more info, contact:**

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Register  
FOR A 5 WEEK  
GROUP HERE

