

November-December 2024 schedule



Be Well with SEL, LLC
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Social Emotional Learning (SEL) groups meet for 5 classes, 60 minutes per class. Space is limited to 6 students per group. Topics and days are rotated each session. Register on the website: www.BeWellwithSEL.com

Chill Skills *grades 3-5*

anger management

Mondays

3:45pm-4:45pm



Dates: 11/4, 11/18, 11/25, 12/2, 12/9

Instructor: Kristen Perrotti, M.Ed/CAGS



Growing Healthy Friendships *grades 3-5*

friendship skills for GIRLS

Mondays

5:00pm-6:00pm



Dates: 11/4, 11/18, 11/25, 12/2, 12/9

Instructor: Kristen Perrotti, M.Ed/CAGS



You've Got a Friend in Me *grades K-2*

friendship skills

Tuesdays

3:45pm-4:45pm



Dates: 11/5, 11/12, 11/19, 11/26, 12/3

Instructor: Kristen Gazda, M.Ed



We Thinkers *grades K-1*

Social Thinking/
social coaching

Tuesdays

5:00pm-6:00pm



Dates: 11/5, 11/12, 11/19, 11/26, 12/3

Instructor: Kristen Gazda, M.Ed



Social Skill Builders *grades 3-5*

social coaching

Wednesdays

3:45pm-4:45pm



Dates: 11/6, 11/13, 11/20, 12/11, 12/18

Instructor: Kristen Perrotti, M.Ed/CAGS



Connecting & Coping *middle school*

social skills, stress
management, self esteem

Wednesdays

5:00pm-6:00pm



Dates: 11/6, 11/13, 11/20, 12/11, 12/18

Instructor: Kristen Perrotti, M.Ed/CAGS



SEL Crafternoons *grades K-4*

books and crafts

Thursdays

3:45pm-4:45pm



Dates: 11/7, 11/14, 11/21, 12/5, 12/12

Instructor: Kristen Gazda, M.Ed



Growing Healthy Friendships *grades K-2*

friendship skills for GIRLS

Thursdays

5:00pm-6:00pm



Dates: 11/7, 11/14, 11/21, 12/5, 12/12

Instructor: Kristen Gazda, M.Ed



Mindful Me *grades K-2*

mindfulness/relaxation

Thursdays

3:45pm-4:45pm



Dates: 11/7, 11/14, 11/21, 12/5, 12/12

Instructor: Kathleen Ingemi, B.Ed.



Worry Warriors *grades K-2*

anxiety management

Thursdays

5:15pm-6:15pm



Dates: 11/7, 11/14, 11/21, 12/5, 12/12

Instructor: Kathleen Ingemi, B.Ed.



*see reverse side for a description of SEL groups offered this session

November-December 2024 SEL Group Descriptions

Worry Warriors anxiety management

Participants will be shown various coping skills to manage anxious feelings. They will learn how to identify somatic symptoms of worry, and practice brave talk to make worry more manageable. Students will practice breathing strategies, progressive muscle relaxation techniques, and craft their own worry monsters! They will learn how to handle the “what ifs” and practice 3 mindfulness techniques.

Chill Skills anger management

Students will learn that anger is a normal feeling, however what they do with their anger is important. Various tools and strategies to manage angry feelings will be taught. They will be shown how to recognize their body clues, identify triggers, label their angry emotions, utilize calming strategies, reframe negative thinking, and self-advocate in a healthy way.

We Thinkers Social Thinking/social coaching

Students will learn 5 Social Thinking concepts that establish a common social vocabulary and are foundational to all social experiences. Concepts taught include thoughts and feelings, following the group plan, thinking with our eyes, keeping our body in the group, and showing whole body listening. Through the use of stories, games, and activities students will learn SEL skills through play.

Social Skill Builders social coaching

Students will explore topics such as friendly tease vs. mean tease, one upper vs. pull upper behavior, honesty, and good sportsmanship. Participants will learn ways to develop a positive attitude rather than a “Baditude” (Bad Attitude). They will practice communicating with confidence, and learn how to better navigate their social world.

Growing Healthy Friendships friendship skills for GIRLS

Developing new friendships and maintaining existing ones can be a challenge -at all ages! Students will learn how friendships are like gardens -just like flowers and plants, everyone is different and beautiful in their own way. They will learn what “ingredients” are needed in order to help friendships grow strong. Friendship “fence lines” (boundaries) and strategies to steer clear of “drama goats” in our garden of friendships will be discussed. Crafts and friendship games will be included each week.

Connecting & Coping social skills, stress management & self-esteem

Middle School students will learn how to manage day to day stress, and deal with social conflict/drama. Students will learn how to strengthen their social relationships, and be mindful of their body language, facial expressions and tone of voice during conversations. They will learn how to celebrate their uniqueness and learn the difference between healthy vs. unhealthy peer relationships.

SEL Crafternoons SEL story, lesson, and crafts

Students will read a book related to social emotional learning (friendship skills, managing big feelings, etc.) then completed a lesson and craft that coincides with the book. All crafts will be beneficial for future use!

You’ve Got a Friend in Me friendship skills

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. They will learn how to appropriately communicate, play with, and solve social conflict with peers. Students will be shown the difference between positive attention vs. negative attention, as well as behaviors that make a “sweet friend” vs. a “sour friend”.

Mindful Me mindfulness/relaxation

Students will learn strategies to balance their busy lives by practicing mindfulness. Techniques such as gratitude/joy, breathing, guided imagery, guided meditation, grounding exercises, and progressive muscle relaxation will be explored. Students will craft their own tools to help calm their brains and bodies so they can feel calm, relaxed, and ready to transition to a new grade/school or step into any change or challenge.

For more info

PLEASE CONTACT:

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