



Summer SEL Mini Camps!!



SELutions, LLC

Cultivating social-emotional learning (SEL) coaching lessons to support and promote healthy development and behavioral well-being

SELutions, LLC

Summer SEL Mini Camps are 3 days, 60 minutes per day. Space is limited to 6 students per mini camp. Located in Wall Twp. Students should bring a water bottle and a peanut free snack. The cost is \$200. All registration can be completed on the website www.solutionsllc.com

Monday-Wednesday

July 1st-3rd

"In The Zone" - self/emotional regulation skills

(students entering grades 1-4)

10:00-11:00

Tuesday-Thursday

July 9th-11th

"Social Butterflies" - social skills and friendship

(student entering grades 1-3)

10:00-11:00

Tuesday-Thursday

July 16th-18th

"Worry Warriors" - anxiety management skills

(students entering grades 3-5)

10:00-11:00

Please see reverse side for a description of the lessons offered this session*



SCAN ME

Through the use of books, games, activities, and crafts, students have FUN while learning valuable SEL skills!

For More Information, Contact Jessica Senna

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What is SEL?

Social-Emotional Learning (SEL) is the process in which children acquire, and effectively apply, the knowledge, attitudes, and skills necessary to manage and understand emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships with others, and make responsible decisions.

Jessica Senna, founder of SELutions LLC, has over 16 years of experience as a School Counselor in the New Jersey public school system.

While working as a School Counselor, Jessica enjoys cultivating, developing, and implementing social-emotional learning (SEL) lessons for whole group classes, small groups, and individual students.

Her vision is to teach and provide all of her students with the skills and tools they need to understand and manage their emotions and behaviors in healthy and positive ways, so they can develop and grow into successful individuals and members of their community

Each class includes stories, discussions, games, videos, movement activities and/or crafts all relating to SEL skills. Skills and strategies taught are educationally based "enrichment programs" and are not individual treatment plans nor should they be considered a form of therapy for children. Children have FUN while being exposed to valuable skills!!

"In The Zone" - self-regulation/emotional control

Many children struggle to self-regulate and control their emotions. There are times when children's behaviors and words can negatively impact their classroom engagement, home life, and peer relationships. During these lessons, children will learn about the 4 colored "zones" their bodies and brains move in and out of during the day. They will use the "Zones of Regulation" approach to self-regulate their behaviors, emotions, and sensory needs. Using the Zones' concepts and visuals, children will recognize their feelings and level of arousal, and then employ strategies for optimal learning.

"Social Butterflies" - social skills

Many children need help navigating their social world. Research has shown that using books that depict the world through a child's lens, can enhance a student's learning experience. Julia Cook, award winning children's author and former school counselor, has written nearly 100 books that give students both the "what to say" and the "how to say it" socially appropriate. Through the use of games, activities, and Julia Cook's stories, children will learn skills to make and keep friends, the importance of personal space, the difference between tattling and telling, strategies to refrain from interrupting, and self-management techniques to control impulsive behavior or angry feelings.

"Worry Warriors" - anxiety management

Worrying is a normal human emotion. Everyone worries at times, however excessive worrying can interfere with a child's learning, social development, and home life. Wherever and whenever worry shows up, children should have some coping skills to manage these anxious feelings. During these lessons, children will learn how to identify where in their body they feel their worry, identify things they can/cannot control, and how to "talk back" to their worries. Children will also create their own coping strategies toolkit to calm their brains and bodies.