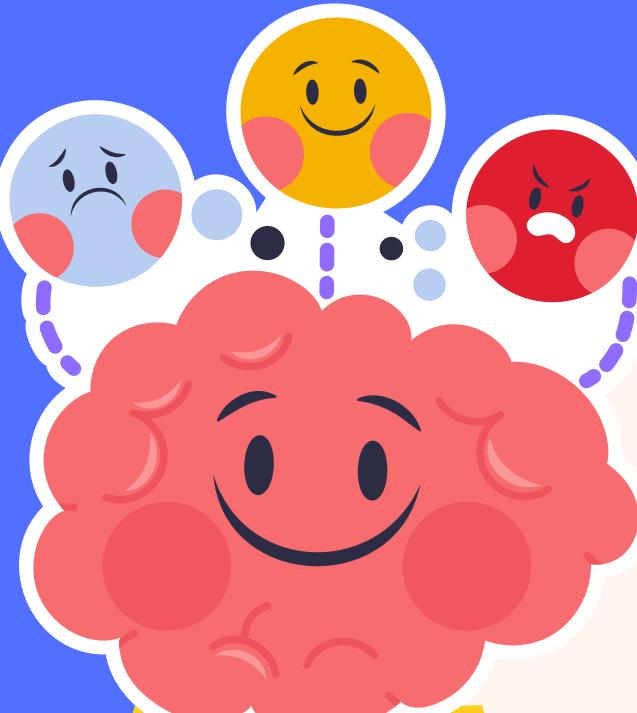


# SOCIAL EMOTIONAL WELLNESS WORKSHOP



In this workshop, students explore ways to build confidence, manage emotions, and strengthen friendships through fun, hands-on activities. Using mindful movement, breathwork, arts and crafts, and group games, children practice the five core social and emotional skills from the CASEL framework. By the end of the session, students leave with new strategies they can use at school and home to feel calmer, more connected, and ready to make positive choices.

This is a continuation from November's session - participants new and old are welcome to join!

Self Awareness

Self Management

Social Awareness

Relationship Skills

Responsible Decision-Making

Instructor: Jillian Ellefson

Thursdays

Dates: 2/5, 2/12, 2/19, 2/26

Grades: K-4

Time:

4:15pm-5:15pm

Cost: \$30.00

Location: EW Community Center

Register at [www.EastWindsorRec.com](http://www.EastWindsorRec.com)

Bus Transportation available from BBS