



# SELF STUDIOS

SOCIAL EMOTIONAL LEARNING

## DISCOVER A NEW WORLD OF WELLNESS THIS FALL!

SelfStudios provides courses on social and emotional learning and wellness, all thoughtfully designed by counselors and educators.

**FALL SESSIONS ARE OPEN FOR ENROLLMENT**

### FUN WITH FRIENDS

TUES. 5:00-6:15  
Merritt Memorial School  
Grades 1-3



**social skills**

Designed to help students develop strong communication, friendship, and problem solving skills.

### DEALING WITH FEELINGS

TUES. 3:15-5:00  
Merritt Memorial  
Grades 3-4



**emotional wellbeing**

Designed to help students develop emotional intelligence, regulation and awareness.

### CHARACTER CULTIVATION

WED. 3:10-4:30  
Merritt Memorial  
Grades 4,5,6



**junior leadership training**

Designed to help students embrace their full potential and step confidently into the role of a leader.

### WELLNESS WARRIORS

FRI. 3:10-5:00  
Merritt Memorial  
Grades 3,4,5



**social emotional wellness**

Designed to foster a deep connection with self in order to cultivate inner resilience, confidence, peace and joy.

**TO REGISTER VISIT**

**[WWW.SELFSTUDIOSLEARNING.COM/CLASSES](http://WWW.SELFSTUDIOSLEARNING.COM/CLASSES)**

**PROMO CODE: 'MUSTANGS' FOR 20% OFF**

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