

# BRIDGES

MIDDLES

APRIL 12 - 17, 2021



## WEEKLY NEWSLETTER

### WHAT'S UP FOR MIDDLES THIS WEEK?

#### ART APPRECIATION

This week we will be creating art and then asking others to critique our work in a kind and constructive way. This will help us learn how to offer our opinions without it sounding mean! To do this, we will be practicing the "art sandwich", where we compliment someone else's art, give something we think they could improve on, and then finish with another thing we liked about it.

#### FIVE THINGS

We'll also practice our Five Things activity. We do some roleplaying of expected and unexpected behaviours and then we will guess what the other person is feeling based on what they are doing.

#### MINDFULNESS AND MEDITATION: OHM.

Some of our time this week will also be spent practicing and improving our mindfulness. We'll do this with some meditation and a thought awareness exercise.



If you have any questions or concerns about the week ahead, please contact us!

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