

# BRIDGES

MIDDLES

APRIL 26 - MAY 1, 2021



## WEEKLY NEWSLETTER

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



#### POSITIVE SELF-TALK

This week we will start off by creating our own positive self-talk monsters, so that we can always remember to be kind to ourselves, even when we are feeling down. To do this, we will be making a cut-out of our hand, decorating one side like a monster, and writing self-affirmations and positive things about ourselves on the other side!

#### GROWTH MINDSET COMIC STRIPS

We'll also work in a group to create a comic about having a growth mindset. When we're done, each group will present their comics to everyone.

#### FLEXIBLE THINKING ARTWORK

Last but not least, we will use our artistic talents to practice and improve our flexible thinking skills! For this activity, we will be drawing a scene

from our favourite TV show, movie, video game, etc. For some added fun and flexibility, while our work is in progress, we'll switch drawings with another person and let them finish it while we finish someone else's artwork.

It's going to be another great week!



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

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