

BRIDGES

MIDDLES
FEBRUARY 1-6, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?

We've got lots of good stuff planned for Middles this week that includes the value of compromising and setting healthy boundaries to what makes each of us unique.



COMPROMISING

We will be making our own compromises using a variety of scenarios that we may come across with our friends or family. We're bound to have some good laughs as we learn through play.

BOUNDARIES

We'll also explore the importance of setting boundaries with

people. We'll do this by role-playing through different situations. We'll chat about how we have different boundaries with strangers, family and friends.

UNIQUELY YOU

Lastly, we will decorate and create our own worksheet about what makes us unique. We can put anything we'd like on here, from our our favourite TV show and colour to what we want to be when we grow up and what we like to do for fun!



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

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