

BRIDGES

MIDDLES
FEBRUARY 15-20, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?

It's Family Week, which means Monday is a holiday and it's a short week for Middles. Not to worry, we will still be running our social skills group on Wednesday and Friday.

VALENTINE'S CARDS

We'll make some Valentine's Day Cards for people in our lives that we care about. It could be a friend, a parent, grandparent, or a teacher.

CONFLICT RESOLUTION SKILLS

It can be difficult to resolve a conflict with friends or family and it can sometimes seem like we are blaming them for the problem. To help us get better at dealing with this kind of things, we will practice our conflict resolution skills by playing Conflict Resolution Jeopardy!

In order to get points in Conflict Resolution Jeopardy, we have to use "I" statements to express ourselves and how we feel. It will be a blast!



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

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