

BRIDGES

MIDDLES
FEBRUARY 22-27, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?



FLEXIBILITY

All of the uncertainty that has come with COVID has given us lots of opportunity to practice flexibility, that's for sure. This week we're going to add some new tools to work on by making visual schedules that we can follow during the day. We'll also look at what we can do to stay flexible if those plans need to change for some reason.

SELF CARE MATTERS

We will also be talking about self-care, because this time of year can make us all

feel a little blue from time to time. To explore the idea of better self-care skills, we will learn from each other and talk about growth mindset strategies that each of use when we feel blue. This way, we will all get some new ideas to help us out when we feel blue!

WHAT'S FUNNY?!

Lastly, we will talk out what makes jokes funny and what we can do when we find the joke not so funny.



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

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