

BRIDGES

MIDDLES
MARCH 1-6 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?

MUSIC AND MOODS

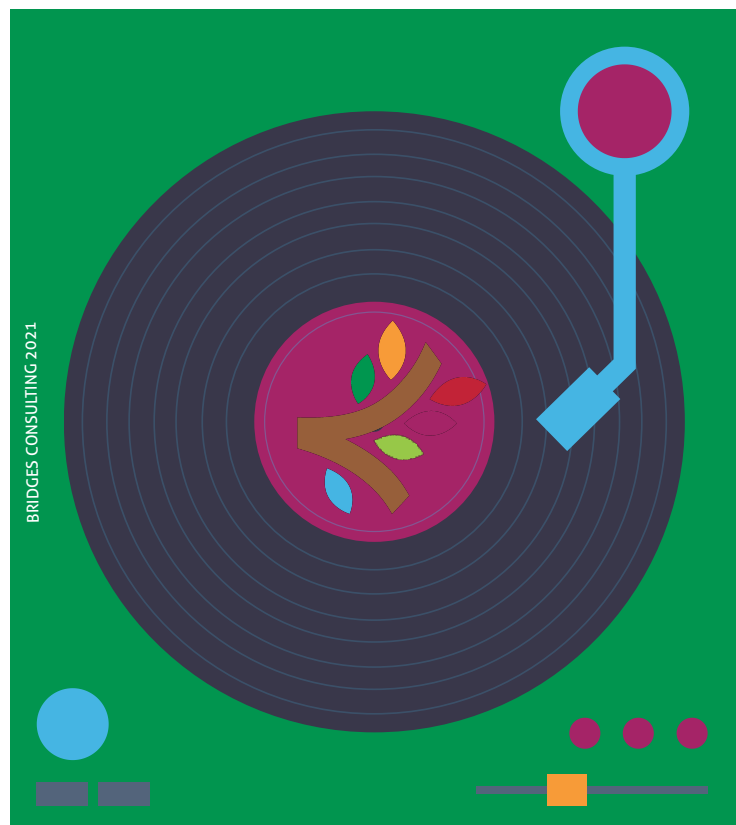
This week we will be exploring how listening to different types of music can affect our mood. We'll choose a fun, wide variety of fast and slow songs and then we'll draw how we feel when we listen to them.

STRENGTHS AND WEAKNESSES

Everyone has different strengths and weaknesses. Understanding what they are can help us identify helpful skills and develop them in ourselves. We'll explore this by playing a fun and kind game to discover strengths and weaknesses in ourselves and our friends.

THE POWER OF POSITIVITY

We will be making collages of positive thoughts, words, pictures, etc. that have meaning to us. By creating and looking at these collages, we can remind ourselves to be positive, even when we are feeling down about ourselves or our situation.



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

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