

# BRIDGES

MIDDLES  
MARCH 15-20 2021



## WEEKLY NEWSLETTER

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



#### THE STORY OF YOU

This week we are going to be working on improving our self-esteem by making stories/books about how cool and unique we all are. Once we've created our stories, we will read them to each other out loud so that we can always remember the nice things we have said about ourselves.

#### IT'S OK TO BE RIGHT. IT'S NOT OK TO BE RUDE.

We'll also talk about some helpful and kind ways to correct people without being mean or unexpected. Correcting people is a hard skill to learn. People can interpret our words as mean if we aren't careful. We will also practice what we can do when we feel the need to correct people in an unexpected way (walking away, think don't say, letting it go, etc.).

#### THE FIVE THINGS

The Five Things will be a part of our week again. We'll practice modelling emotions and having each other guess what emotion we could be expressing. We'll also explore possible calming tools for that emotion.



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

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