

BRIDGES

MIDDLES

MARCH 29-APRIL 3 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?

SPREADING KINDNESS

This week in Middles we are making kindness donuts! We will use the sprinkles as symbols of simple, kind things we can do to make someone else smile! What a great way to spread kindness!

SEND OUR WORRIES AWAY

We all have worries about something. We'll explore how to give our worries a name. After writing our worries down on paper, we'll turn them into paper airplanes and see what it feels like to send them away to a place where they're not our worries anymore.

EASTER CHARADES

With Easter coming at the end of our week, we will have some fun playing Easter charades! This activity will give all of us a chance to practice our patience because we will each have to wait our turn to guess what each other is doing.



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

Shianne Neumann
Middles Program Coordinator
403-339-0797
shianne@bridgesconsulting.ca

Kianna Ross
Program Leader
403-894-7912
kianna@bridgesconsulting.ca