

BRIDGES

MIDDLES
MARCH 8-13 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?

IS THAT A REAL APOLOGY?

Sometimes it's hard to tell the difference between a real apology and a fake one. To understand how to tell the difference, we will be doing an apology worksheet and modelling some apologies. This will give us tools to understand when we receive real vs. fake apology and how to be sure we offer real apologies to others.

USING EMPATHY

We'll also talk about what it means to be empathetic in different situations. We'll do this by acting out some scenarios and talking about how we could use empathy to make the situation better.

THE POWER OF MINDFULNESS

We will be adding some awesome new tools to our toolboxes by practicing some mindfulness yoga. Not only is this a great way to relax our bodies, yoga can also help us slow down our mind, make us think a little bit more clearly and help us make choices that are good for us.



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

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