

BRIDGES

MIDDLES
MAY 10 - 15, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR MIDDLES THIS WEEK?



LET'S CELEBRATE YOU!

This week we will be making a collage about all the cool things about ourselves! We can include things we are good at, our favourite foods, animals, etc. This activity will help us to see that our different experiences make us all unique and remind us of how awesome we all are.

FREEZE DANCE

Playing the fun game of Freeze Dance will also give us a chance to practice our impulse control. This is a good way to practice not doing or saying the things that immediately come to mind. The game also helps us to practice patience, even when we are full of energy.

MISTAKES ARE OK!

Finally, we are going to talk about how making mistakes is okay! We will be making medals for ourselves because it is important to learn from our mistakes. If we never made mistakes, we would never learn new things!



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

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