

BRIDGES

MIDDLES
MAY 25 - 29, 2021



WEEKLY NEWSLETTER

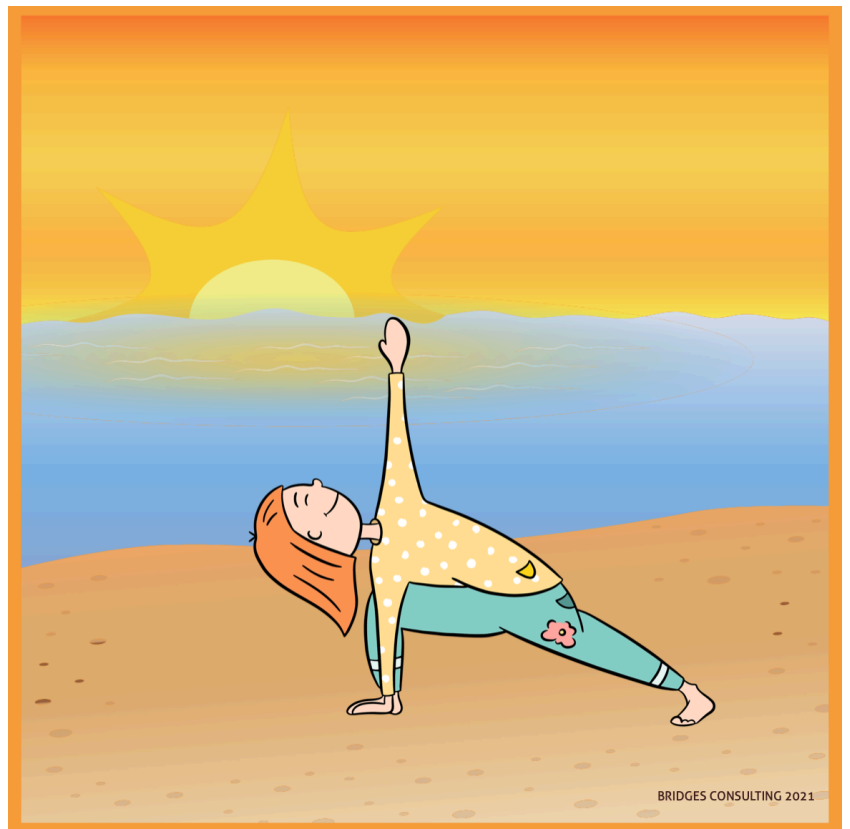
WHAT'S UP FOR MIDDLES THIS WEEK?

MINDFULNESS

This week in Middles we are going to be working on some mindfulness skills by reading through a beach mindfulness script that will transport us to the beach. We'll also practice some yoga poses. These skills will be awesome calming tools to add to our toolbox to use when we are feeling **yellow** or **blue**.

FRIENDSHIP QUALITIES CHECKLIST

We will be making a friendship qualities checklist that matter to us when we're choosing and making new friends. It will be fun to talk about what kind of qualities each of us is looking for in a friend. On top of this, we will also reflect on what kinds of friendship qualities we each may need to work on, whether it is being a good sport or a good listener or having a sense of humour.



NO ONLINE GROUP ON MONDAY, MAY 24th

As it is a long weekend, there will be no Online Social Skills on Monday, May 24th.



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

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