

BRIDGES

TEENS

APRIL 26 - MAY 1, 2021



WEEKLY NEWSLETTER

HERE'S WHAT'S AHEAD FOR TEENS THIS WEEK

Hello everyone! This week will be a week of inner reflection and positivity. With the rollercoaster of our last year being on the everyone's minds and the many changes we have faced as a community, we will discuss the types of coping skills everyone has developed and how we deal with our feelings.



When we are dealing with our own feelings, we often find ourselves in situations where we might have a friend who is feeling similarly. How can we help our friends or acquaintances who are feeling sad or having a hard time dealing with the many changes we have faced?

We will also be playing Name That Tune while we identify emotions from the song lyrics.

To round off the week, we will be watching some positivity videos and work on self-affirmation and positivity.

Let us know if you have any questions or concerns. We're all looking forward to the new week ahead !



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WITH US

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