

# BRIDGES

TEENS

MAY 10 - 14, 2021



## WEEKLY NEWSLETTER

### HERE'S WHAT'S AHEAD FOR TEENS THIS WEEK

The world asks all of us to be flexible every day. From trying new foods that we might be unsure we will like, to having the leaders flip activities upside down on us, we all practice flexibility in a variety of ways. Just think about some of the ways you've had to practice being flexible this week alone? Pat yourself on the back for doing your best to change your mindset when things don't go the way you're expecting them to!

With summer just around the corner, and changes to so many things happening around us every day, this is a great time to practice our calming strategies and work on FLEXIBILITY. So that's what we'll be doing this week!

Check out this YouTube video by Rhett and Link about flexibility when you have a minute! It's a pretty awesome example of flexibility.

[We Try The Real Caveman Diet \(Taste Test\)](#)

### FLEXIBLE THINKING PRACTICE

1. TAKE A DEEP BREATH.
2. REALIZE SOME THINGS ARE OUT OF OUR CONTROL.
3. CHANGE OUR PLAN.
4. ACCEPT THE CHANGE.



BRIDGES CONSULTING 2021

  
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WITH US**



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



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