

BRIDGES

TWEENS

MAY 10 - 15, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR TWEENS THIS WEEK?

Hello everyone! We're super excited for the week ahead. Check out what we'll be working on.

E = EXPERIENCE

This week will be expanding on our friend FILE review from last week. "E" stands for experiences, and this week we will be making collages/vision boards of our own experiences. This will include things like places we've been or things we've done or want to do/see. It can also include things that we like and dislike. We can then use our collage's as a way to show off some of our friend FILE facts to our friends!

FREEZE DANCE

For movement break, we will play Freeze Dance. On top of the fun we'll have dancing, we can also practice our impulse control. This is a great way to practice keeping our jitters to ourselves and staying green when all we really want to do is MOVE!

MISTAKES ARE OK

Our last activity for the week will be a discussion about mistakes. Everyone makes mistakes. They also give us the opportunity to practice our growth mindset. If we don't make mistakes, how else can we learn? Once we are done talking about mistakes and how we can use them to grow, we will make ourselves medals to show that we have learned and grown!



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

BECCA WEVER

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