

# BRIDGES

TWEENS

MAY 25 - 29, 2021



## WEEKLY NEWSLETTER

### WHAT'S UP FOR TWEENS THIS WEEK?

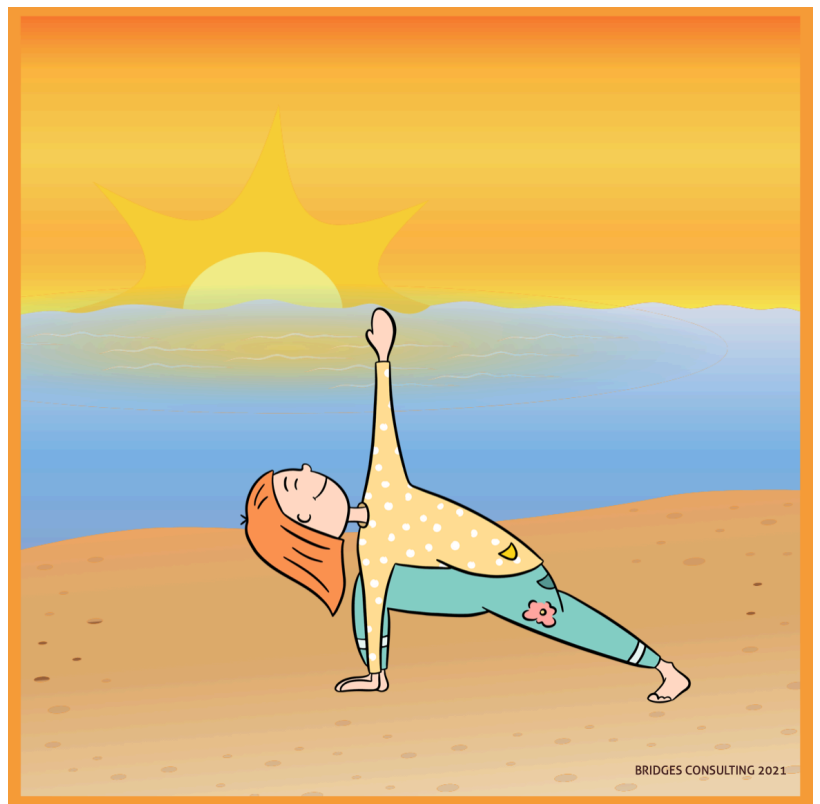
It's a short week for us this week because it's a long weekend! That means that **there will be no online social skills on Monday, May 24th.**

#### MINDFULNESS

Mindfulness can be very, very hard for us to enjoy because it can be very, very hard to turn off our brains long enough to practice. That's why we take time to work on our mindfulness skills at Bridges! To practice mindfulness this week, we will be reading through scripts that can help transport our minds to the warm beach. Doesn't that sound nice after all of this snow? Practicing some yoga poses will also help us improve our mindfulness skills.

#### QUALITIES OF A GOOD FRIEND

We've been talking about Friendship FILES for the past few weeks, and now we are ready to make our own friendship checklist! Everyone has different qualities that they look for in a friend. Knowing what's important to you in a friend can be very helpful in choosing who to spend your time with. These checklists can also help us recognize things that we need to work on in ourselves, such as being a good sport vs. a sore loser, a good listener vs. a bad listener and having a sense of humour instead of letting the unthinkable take us over!



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

**BECCA WEVER**

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