

BRIDGES

TWEENS

APRIL 26-MAY 1, 2021



WEEKLY NEWSLETTER

WHAT'S UP FOR TWEENS THIS WEEK?

This week is all about positivity and growth mindset! We also hope you're ready for some arts and crafts!



POSITIVE SELF-TALK

To start off the week, we will be creating positive self-talk monsters to remind us to be kind to ourselves. This will be done by creating a cut-out and decorating one side to be our monster friend, while we use the other side to write down all of the positive things we like about ourselves, or any self-affirmation we might have.

GROWTH MINDSET COMIC STRIPS

To continue practicing our work, we will be splitting off into small groups where we create a comic about growth mindset, which we will present to the whole group.

FLEXIBILITY DRAWING GAME

Our final activity for the week will be the flexibility drawing game! Each member of our

group will draw a picture from their favourite TV show/movie/video game, but we will be told to **STOP!** and **SWITCH!** at any point so our peers can finish our drawings.



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

BECCA WEVER

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