

POSITIVE MANTRA BRACELET





OBJECTIVE



**MAKING MANTRA BRACELETS IS A FUN
ACTIVITY AND AN EXCITING WAY TO GET
KIDS THINKING MORE POSITIVELY. MORE
SPECIFICALLY, IT ADDRESSES WHICH
MANTRAS BEST APPLY TO THEM AND THEIR
WORRIES.**



SUPPLIES:

Paper

Pipe Cleaners

**Colorful
Beads**

STEP 1:

**GRAB A SHEET OF PAPER
AND WRITE DOWN THREE
OR FOUR MANTRAS**

EXAMPLES OF MANTRAS:

- **I LOVE MYSELF**
- **I AM HAPPY**
- **I AM SPECIAL**
- **I AM DOING THE BEST I
CAN**

STEP 2:

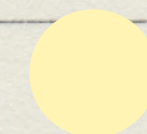
ASSOCIATE A COLOR
WITH EACH MANTRA,

EXAMPLE:

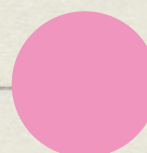
- I LOVE MYSELF-RED



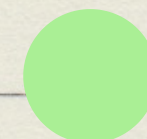
- I AM HAPPY- YELLOW



- I AM SPECIAL- PINK



- I AM DOING THE BEST
I CAN- GREEN



STEP 3:

GRAB ANY COLORED PIPE CLEANER OF YOUR CHOICE!



STEP 4:

GO BACK TO YOUR MANTRA SHEET WHERE YOU ADDED YOUR MANTRAS AND THE COLORS ASSOCIATED WITH THEM, AND GRAB THE BEADS IN THE COLORS YOU WROTE DOWN!

EXAMPLE:

- **I LOVE MYSELF - RED** ●
- **I AM HAPPY- YELLOW** ●
- **I AM GREAT- PINK** ●
- **I AM DOING THE BEST I CAN- GREEN** ●

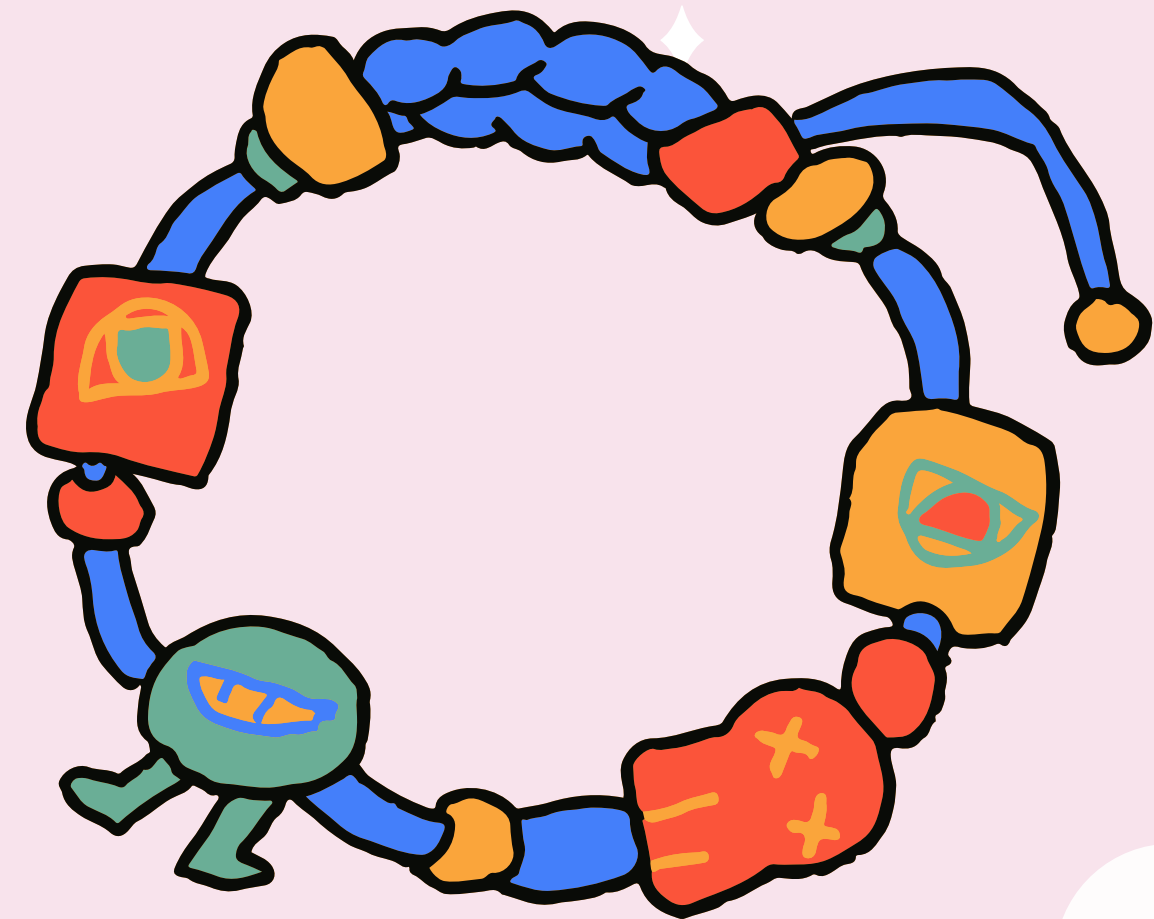
STEP 5:

**AFTER YOU HAVE
ASSIGNED EACH MANTRA
TO A DIFFERENT COLOR
BEAD, STRING THEM ONTO
A PIPE CLEANER!**



WHY A MANTRA BRACELET?

**THE MANTRA BRACELET
SHOULD BE WORN ON
YOUR WRIST AS A DAILY
REMINDER TO THINK OF
POSITIVE THOUGHTS AND
TO BREATHE PEACEFULLY.**



EXAMPLES:

