



Self love bracelets



You can do anything

Grades 6-8



Supplies:

- Word beads
- Scissors
- String





Step 1

First measure out the string, so it will fit your wrist.

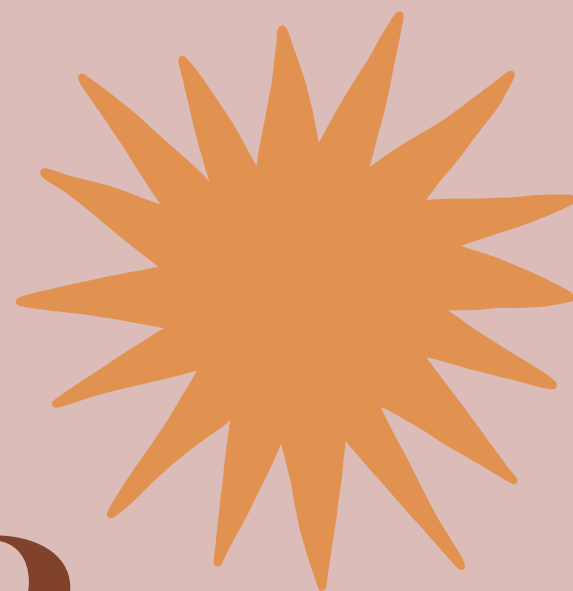


Make sure its a little bigger then your wrist so you can tie it

You are doing amazing



Step 2



With the word beads,
you can put a reminder
or words of
encouragement



Step 3:

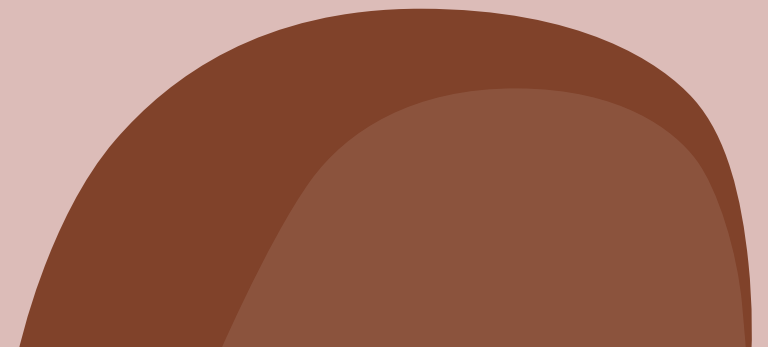
Put all the beads on your bracelet





Step 4:

After you are done putting all the beads on your bracelet, you can have someone tie it on you



Examples





Words of Affirmation

You are worth it

You are kind

You are beautiful

You are wanted

You are unique

You are the reason someone
wakes up everyday wether you
know it or not

