

BRACELET MAKING



PURPOSE:

Why?

Get creative and unwind with this Bracelet-Making activity! Craft personalized bracelets using colorful beads and empowering affirmations. Whether you're designing with your favorite colors or creating BC2M-themed bracelets in green, this activity encourages self-expression and connection.

HOW TO:

Materials & Budget

- Multi-colored beads and Letter Beads(\$10-25)
- Elastic String (\$5-10)
- Tape (\$5 or free if you can use school materials)
- Scissors (\$5 or free if you can use school materials)
- Bowls (\$5 or free if you can use school materials)

Instructions

- Put the multi-colored beads and letter beads in the bowls and lay them out on the tables.
- Use the scissors to cut the elastic string to the correct length of the students' wrist. When measuring and cutting the string, leave an extra couple inches to ensure you have enough length to comfortably tie the bracelet at the end.
- Tape the string to the table and start adding your multicolored beads!
 - You can make a bracelet using your favorite colors or write out affirmation phrases like "breathe," "strong," "hope," "believe," "love."
 - You can also making BC2M bracelets using the color green or make matching bracelets with your friends and teachers!
- Get creative and have fun!
- When you are done with your bracelet, make sure it fits nicely around your wrist, and tie in a knot three times to ensure it is secure.

Timeline

This activity requires going shopping and should take a week to gather all the materials. The actual activity can take anywhere from 15-30 minutes.

Impact

This activity is great to incorporate in club meetings. However, you can host a bracelet-making event at a club fair or a mental health fair to engage the larger school community!

Example(s)

Example of BC2M students making at Indiana Summit!



Example of BC2M students from NEST+m High school making bracelets during school-wide event!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

