

# SELF- AFFIRMATION BOUQUET MAKING



## ACTIVATION OVERVIEW

Self-care offers a chance to bloom & grow. Host a flower bouquet making session with your peers for a vibrant, hands-on experience. Partner with a local flower shop to provide an array of flowers and helpful tips to create a beautiful bouquet to gift to yourself. We can't wait to see this mindful moment of wellness come to life!

## THE IMPACT

Self-care is about taking care of your mental, physical, and emotional well-being. Promoting self-care helps students build healthy, lasting habits that support overall wellness. This activation is an opportunity to tap into creativity, engage one's senses, and practice self-reflection on a deeper level.

**Need a different activation idea to increase your impact? Check these out!**

[Mindful Yoga](#) | [Take What You Need](#) | [Affirmation Mirror](#)

## MATERIALS & BUDGET

**Use your Grant Funding to purchase items needed!**

- Flowers (\$50 or more depending on source)
- Craft paper or poster paper - 11 x 17 (\$7 - \$14)
- Tape (\$5 or free if you use school materials)
- Markers or pens (free if you use school materials)



# STEPS TO ACTIVATE SELF AFFIRMATION BOUQUET MAKING

## STEP 1: CREATING SELF-AFFIRMATION

Before your peers put together their bouquets, hand them a poster paper and marker. Instruct your peers to spend about 4 minutes on one of the following prompts:

- What affirming message or powerful phrases bring you the most comfort, confidence, or encouragement?
- What aspects of your character or abilities do you truly appreciate?

Note that the poster paper will be wrapped around the flowers to finish off their bouquet. [Click here for wrapping bouquet tutorial.](#)

## STEP 2: BUILD YOUR BOUQUET

Your peers are now free to create their flower bouquet. Consider incorporating the following:

- Affirming Playlist: Play uplifting music during your activation.
- Compost & trash bins: Things may get a bit messy, so make sure to have compost and trash bins available around your peers.
- Limited resources: Encourage your peers to limit the amount of flowers they used to create their bouquet. 5 flowers is perfect for a mini bouquet.

## STEP 3: SHARE PHOTOS!

We want the world to see our clubs in action! You will also get a chance to see the creative twist other BC2M clubs did for this activation. Follow these steps:

- Take photos of your peers with their bouquets.
- Share your photo with your BC2M Staff Person or email [programs@bringchange2mind.org](mailto:programs@bringchange2mind.org).
  - Want to offer video content of your activation to share on socials? Email us!

