



# Making a Strength Bracelet to Build Confidence and Self-esteem

Making bracelets is not only fun, but it can be adapted into a self-esteem building activity! This activity incorporates using beads and string to create a bracelet that serves as a reminder of the strengths and positive traits that each participant possesses. Doing this activity will help participants learn to use positive self-talk more often in their daily lives. Positive self-talk is an important skill to learn because it helps the participants reflect on their talents and strengths. This can help build their self-confidence and sense of capability that will help them to be successful and fully confident in their future endeavors.

Along with being a strength bracelet, this bracelet can be used as a fidget toy to decrease participants' symptoms of anxiety. Participants can count the beads, run their fingers across them, turn the bracelet around in circles, etc. This bracelet can be a healthy coping mechanism for those who have symptoms of anxiety or need something to fidget with to keep them on task.

What you will need:

- Beads (bigger beads such as pony beads may work best)
- String (we recommend stretchy string or cord)
- Scissors (used under adult supervision)
- Tape (taping down an end of the string will make beading it easier)

Steps for completion:

1. Measure the participants wrist with the elastic cord then cut to desired length.
2. After the cord has been cut, tape down one end of the cord to the table.
3. Once the cord is taped down, begin assembling the bracelet with beads chosen by the participant.
4. Continue adding beads to the string until the pattern or desired amount is complete.
5. While adding beads, ask the participants to identify one strength about themselves for each color or type of bead used. (Example: pink beads represent kindness)
6. Once each bead is correlated with a strength, the bracelet is complete.
7. Un-tape the end of the string and tie the bracelet around the participants wrist.