

# Affirmation Bracelets and Chains

## *What is an affirmation?*

An affirmation is something you might say or think to yourself to remain positive or motivate you towards a goal. “You can do it!” or “Never give up!” are some examples of affirmations.

## *Option 1: Affirmation Bracelets*

- Cut along the lines around the affirmation statements below to create long strips.
- Choose your favourite affirmation and loosely wrap it around your wrist using sticky tape to connect the two ends to make it into a bracelet. Make as many bracelets as you like. Maybe give some to your friends and/or family.

## *Option 2: Affirmation Chain*

- Cut along the lines around the affirmation statements below to create long strips.
- Take the first strip and use sticky tape to connect the two ends to make it a round loop.
- Take the next strip and put one end through the round loop and connect the other end with sticky tape, this will create two links in the chain.
- Repeat the above process with all the strips to make the chain

You can also create your own quote or favourite affirmation words on strips you make yourself.

