



# Affirmation Bracelet

## Facilitation Guide

### Welcome & Set the Tone (5 minutes)

**Suggested Script:**

*“Welcome, everyone. Today we’re creating affirmation bracelets which are small, wearable reminders of strength, grounding, and support. This is a relaxed and creative space. You can share as much or as little as you feel comfortable.”*

Briefly review group expectations: kindness, inclusivity, and respect.

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### Activity Overview (2 minutes)

Explain the activity:

- Choose beads and letters that represent words or phrases that feel supportive
- Create one or more bracelets
- Bracelets may be kept, gifted, or shared

Encourage creativity without pressure or perfection.

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### Bracelet Creation (20–30 minutes)

Participants bead bracelets at their own pace.

**Prompt Ideas:**

- *“What word do you need to carry with you right now?”*
- *“What reminds you that you are enough?”*
- *“What helps you feel brave or grounded?”*
- *“Who or what supports you during hard moments?”*

The facilitator circulates the room to assist, restock supplies, and gently guide the energy and conversation of the room.

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## Optional Sharing (5 minutes)

Invite participants to share the word or meaning behind their bracelet. Sharing is optional and should remain low-pressure.

### Prompts:

- *“What word did you choose and why?”*
  - *“How do you hope this bracelet supports you?”*
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## Closing & Takeaway (3 minutes)

### Suggested Script:

*“Thank you for creating together today. May this bracelet serve as a reminder that you are supported and not alone. NEDA is here with tools and resources whenever you need them.”*