



PROJECT #58

MAKE A POWER BRACELET



First, let's gather some supplies. For this project you will need:

A journal or paper

Writing materials (pens/pencils/markers)

Old beads or air-dry clay for making your own beads. (Hot tip: You can find old beads and necklaces to take apart at many thrift stores!)

[Stretch string](#) or regular string

Scissors



With this power bracelet you will be unstoppable!

Actually, the truth is, you already are unstoppable. A power bracelet is just there on your wrist to remind you of all the strength and awesomeness inside you.

Step 1 of 6

Okay, let's get started.

Every bead on your bracelet will represent a different source of strength, like COURAGE or CREATIVITY or FRIENDSHIP.

So the first thing to do is get out your piece of paper or journal and spend some time making a list.

Here are some examples:

COURAGE

CREATIVITY

FRIENDSHIP

LOVE

HUMOR

JOY

ADVENTURE

WISDOM

JUSTICE

BEAUTY

PATIENCE

PRIDE

CALM

NATURE

ART

MUSIC

SPORTS

When you are finished with your list, circle the ones you want to include in your bracelet.



Step 2 of 6

Now for the fun part!

Pick out a bead — or make your own beads — to represent each of the sources of strength you wrote down.

If you are making your own beads, it can be fun to experiment with different shapes, like in the last picture. These beads were made with Crayola air-dry clay.

Be sure to write down which beads represent which strengths so you can remember later.



Step 3 of 6

Next, line up your beads in the order you'd like them to be in your bracelet.

Arrange them in a circle so you can really see how they will look on your wrist.



Step 4 of 6

Now cut a piece of string that's long enough for your wrist plus another couple of inches just to be safe.



Step 5 of 6

Give your bracelet a good strong double knot and you're done!

Wear it proudly, wear it powerfully!

And remember: All the strength you need is already inside you.

Step 6 of 6

Want to add your power to our gallery? We'd love to see it!