



The Love Yourself Project Empowerment Bracelet Making

Objective:

Through guided instructions, this project seeks to provoke its participants to both reflect on and become actively aware of self-love. With this small act, the LYP seeks to plant small seed and spread the consciousness of self-love.

Time: 60-90 minutes. This can be adjusted based on needs

Facilitators:

Will provide 2-3 LYP members for classroom setting of 15 to 20

Will provide up to 4 LYP members for larger events 25 to 35

Materials Included:

- Beads
- String/rope
- Pen
- Nail Polish
- Glue stick
- Plastic or lollipop stick
- Recycled piece of styrofoam to place the sticks in for drying
- Strip of paper about 6-8 inches long one end about half an inch wide the other side is cut to a point (looks like a long thin triangle)
- One LYP Sticker per participant

Process:

1. Participants are introduced to LYP members who will be facilitating the activity.

2. Facilitators will lead a group discussion (classroom setting) and/or talk with individuals (in festival/ large event setting). Questions are geared towards engaging participants to consider the task at hand. Questions include:
 - How often do you stop to think about loving yourself?
 - How much time do you spend reflecting on your self worth?
 - What does it mean to love or show love?
 - Have you ever thought about the reasons that you love yourself?
 - How do you take care of yourself in a way that reflects that love?

NOTE: questions are asked in an age appropriate manner depending on the participants.

In this dynamic, you may find it helpful to write some of these responses on a board; writing out the answers may assist visual learners in processing the discussion points. The facilitator's role is to stimulate the conversation and to make the participants feel comfortable.

3. Participants are given a strip of paper and pen. Facilitators ask the participants to decide upon one thing that they love about themselves the most. Participants will be instructed to create bracelets that reflect this statement "I love myself because _____," or "I love my _____." The bracelet they make will symbolize their commitment to love themselves unconditionally. Each class will get to create a special bracelet depending on age and time frame.

4. How to Create Bracelet:

Take your strip of paper with your message and use the glue stick on the side that you wrote on. Then take the plastic stick/lollipop stick and starting with the wider side and begin to roll the paper up on it. Make sure the glue side is in the inside. When you finishing rolling up the paper you can use nail polish to design the outer out of the paper. When the nail polish has harden, remove the paper and string it up. Make a knot to what ever size you like.



Facilitators will guide participants in sharing their creations, emphasizing the importance of loving and respecting yourself and each other.