

Write Your Own Affirmations!

5 Affirmations

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Mindful Monday

"MISSION AFFIRMATION"

ACTIVITY KIT



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Decode the Affirmation Answer Key: 1. HAPPY, 2. BRAVE, 3. STRONG, 4. AMAZING, 5. KIND, 6. CALM, 7. MINDFUL, 8. HOPE, 9. POSITIVE, 10. WORTHY

Activity Booklet Developed By: Lynna Vo

Decode The Affirmation



Kit Materials Included for Craft:

- Letter Beads (Variety)
- Pen
- Decoding Worksheet



Your Mission

- All the beads got mixed up!! You have to decode the affirmation so that you can **SAVE THE DAY!**

What We Know

- There are 2 words that the letter beads spell out.
- The black letter beads forms 1 word and the glow in the dark letter beads forms a different word.
- The possible words are listed on the decoding worksheet...OH NO!! Those words are scrambled too!

Now You Have To

1. Look at the Decoding Worksheet and unscramble all the words. (If you need a hint the answer key is on the back of this booklet)
2. After that look at the beads in your bag and decode the affirmation.

Every activity kit has 2 different words, no kit is the exact same.



Affirmation Jewelry

Kit Materials Included for Craft:

- Color Beads
- Alphabet Beads
- Completed Decoding Worksheet
- String



Instructions



Use the decoding worksheet and your beads find out what 2 affirmation words you have!



Choose what you want to make! It can be a bracelet, necklace, anklet, etc.



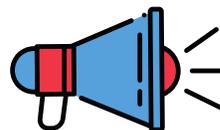
Cut your string to size (Make sure you add a little more so that there is some wiggle room)



Design how you want your jewelry to look like, put it on the string and tie the two ends together



Now you have affirmation jewelry! Show it off and know that you are strong, worthy, resilient and growing!



Giveaway Entry Alert!

We want to see your creation!

Snap a photo with your creation and share it with us by tagging us on Facebook and Instagram!

Or email photos to lvo@dmyfs.org to be featured



Share your creation with us and get entered into our Mindful Monday giveaway! Winner will be announced at the end of May.



DID YOU CRACK THE CODE?