

# Write Your Own Affirmations!

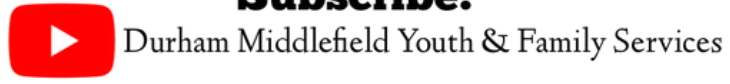
**5 Affirmations**

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# Mindful Monday

## "MISSION AFFIRMATION"

## ACTIVITY KIT



Durham Middlefield  
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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!**

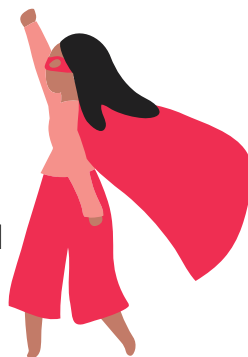
## What We Know

- 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

1

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

2

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

3

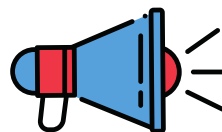
Cut your string to size (Make sure you add a little more so that there is some wiggle room)

4

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

5

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](mailto: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?