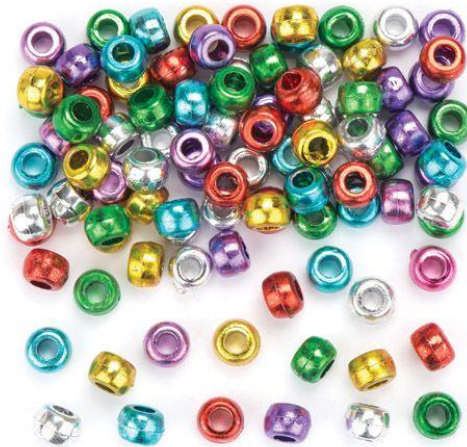
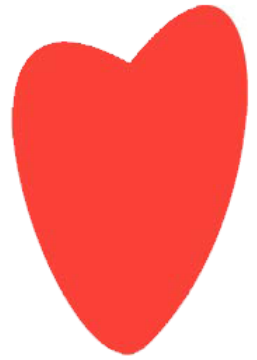


BEADS O LOVE

Here is a fun and thoughtful activity that you can do with your family that you can do in many different ways. First thing you need are some beads and some bead chains. If you don't have access to the chains, you can string or yarn, just be careful when tying the knots.



So to start then you pick one color of bead and make a chain with all of that color bead (don't worry, you'll be adding more colors/styles as the activity goes on). So if your favorite color is yellow then you can make a chain with lots of yellow beads on it.

If you want to do this activity with your family or those in your household then it's good to have that number of chains, and it's great if you have lots of different colors or styles of beads too so everyone can have their one individual color.





Once everyone in the activity has their chains made with all their beads on it then you can start to wear them! The next fun part is that you can start trading beads with each other when you make a connection with someone else. This can be when your sibling helps you out with something, or if your parent or caregiver makes you laugh, or if your sibling does something creative or cool and you want to show appreciation for what they did.





There's so many different ways to make a connection with someone else and when you start exchanging beads with lots of different people then your chain adds lots more colors to it! In the end your beads might look a little something like this.

When we created our memory keepers the kids took time to remember a positive moment each day

and saved them to review at the end of the month. Anyone who has experienced a positive thought or memory knows the impact it can have on your mood and outlook. In meditation some people recite a mantra to help their mind enter a deeper meditative state. Repeating the mantra, either silently or out loud helps you to discount from distracting thoughts.

Instead of using a mantra I had the kids recite a positive affirmation, like "I have lots of friends who love me" or "I am a kind person". Our thoughts can influence who we are and believe we are so these repetitive affirmations reinforcing positive beliefs. Isn't that something we want all our children to feel?





Unlike a traditional beading project this diy meditation chain is designed to help kids focus so we used beads that are all roughly the same size, making it easy for fingers to move smoothly from one bead to the next. You can add slightly different beads at fixed intervals, such as a larger bead or a textured bead at every fifth or tenth bead as a marker to where you are in the chain. We added one of the larger beads at the beginning of our chain to indicate the start and end of the meditation.

