

Crafts

Breathing Beads



You will need:

- 5 large beads
- 2 textured beads
- Smaller beads (15-25 beads total)
- Stretchy bead & jewellery cord (found in craft section of most stores)
- Scissors

To make:

- Cut a length of cord which goes around your wrist twice easily
- Place the 5 large beads in the centre. Hold the cord in a loop (holding both ends) to ensure that the beads do not slide off when you are placing them on
- Place one textured bead on either side of the 5 large beads. These beads will be considered your start and stop points for your breathing practice
- Add the smaller beads on either side of the centre beads, distributing the beads evenly until the bracelet fits around your wrist.
- Tie off bracelet using a secure knot!

Tip: Don't stretch your bracelet over your hand, gently roll the bracelet over your hand onto your wrist

To use:

- Take the bracelet in one hand with index finger and thumb pinched on the first large bead
- Trace your fingers slowly through the beads breathing in as you take a new bead into your grasp, breathing out as you pass the bead
- Use the bracelet to focus on taking 5 long, deep, mindful breaths