

Relationships and Sex Education (RSE) Day

It begins with me

Paper Mantra Beads

You will need:

- Strips of coloured paper (cut from A4) or use the printable triangles
- Pen or pencil
- Glue stick or tape
- Elastic, string or a pipe cleaner

Instructions

- Discuss the fact that beads are used in many cultures and religions to help with prayer and calming meditation. Sometimes people may repeat a particular phrase, spiritual verse or mantra which is special to them. Explain that many studies have shown that meditation can help with feelings of anxiety and stress, leading to better mental wellbeing, even for those who not have a particular faith or religious belief.
- Ask the students to think of the character traits about themselves that make them special and strong. They do not need to share these with anyone else. Students may also wish to write positive ways they will treat others as well as themselves.
- Now give the students a copy of the template on page 2. Ask them to write each one with a positive statement about themselves.
- Next the students should cut out each triangle shape, roll up each strip tightly around a pencil, starting with the wide end, and secure with tape or glue.
- Once a handful of beads have been rolled up, these can be threaded onto string, elastic or pipe cleaners to create jewellery or other decorations as a constant reminder of what makes them special.

