



LIVING FOR  
**EPILEPSY**

## Resilience Bracelet Project

This is a hands-on workshop designed to build resilience and foster a positive mindset. The Resilience Bracelet Project is a unique opportunity to explore the power of social-emotional learning, creative expression, and community service.

In this interactive session, we'll start with a fun icebreaker to get to know one another and create a welcoming atmosphere. From there, we'll dive into an engaging podcast discussion about what it means to be resilient. We'll use the acronym **R.E.S.I.L.I.E.N.C.E.** as our guide:

- Recognize your strengths
- Embrace challenges as chances to grow
- Seek support
- I am worthy and capable
- Lift others up with kindness
- I choose positive thoughts
- Express my feelings in healthy ways
- Never give up on myself
- Confidence comes from within
- Every day is a new opportunity



Participants will discover the **importance of positive affirmations** and learn how to use them to strengthen their mental and emotional well-being. We'll provide all the materials participants need to create their very own **positive affirmation bracelet**, a tangible reminder of their personal strengths and goals.

The workshop will also highlight the importance of **social awareness** and **community service**. Participants will have the opportunity to design and create a second bracelet, an **epilepsy bracelet**, to be donated to individuals in need. This act of service provides a way to connect with and support their community, turning their creativity into a meaningful contribution.

### Workshop Agenda (90min)

- Ice Breaker-10 min
- Social-Emotional Pod-Cast (R.E.S.I.L.I.E.N.C.E.) Breakdown-20 min
- Importance of Positive Affirmations-10 min
- Positive Affirmation Bracelet Workshop-25 min
- Epilepsy Bracelet Community Service Workshop-25 min

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