

Girlguiding Promise Keyring or Bracelet

A simple craft to help girls remember
the Promise



What you will need:

- Beads
- Letter beads
- Elastic cord for bracelets or keyring loops
- Scissors
- Small tray or bowl for beads
- Optional: Girlguiding-coloured beads, star beads or heart beads



The idea

Each bead represents a different part of the Girlguiding Promise. As you make your keyring or bracelet, talk about what each part means and how you can put it into practice.



Suggested bead meanings



Do my best

Try my hardest and don't give up.



Be kind and helpful

Look for ways to help others.



Love my community

Look after the people and places around me.



Be true to myself

Be proud of who I am.



Care for others

Show kindness, friendship and respect.



How to make it

1

Choose your colours

Give each girl a selection of beads and explain that each colour can represent a different part of the Promise.



2

Add the reminder beads

Girls choose beads to represent the parts of the Promise that they want to remember. Encourage them to think about what each part means to them.



3

Add letter beads

Girls can use letter beads to spell a word or short phrase that reminds them of the Promise, such as BEST, KIND, HELP, CARE, PROMISE or GUIDE.



4

Create the bracelet or keyring

Thread the beads onto elastic cord for a bracelet, or onto a keyring loop for a keyring.



5

Add a special bead

Finish with a star, heart or trefoil-inspired bead to represent Girlguiding and their Promise.



6

Secure it carefully

An adult should check the knot is secure and trim any excess cord.



Reflection activity

Once everyone has finished, ask:

"Which bead will remind you most about the Promise?"

Then ask the girls to share one thing they could do this week to put that part of the Promise into action.



Optional challenge



My Promise reminder:

This week I will:

My bead will remind me to:

"This makes the craft more than just a bracelet or keyring – it becomes a physical reminder of the Promise and how they can live it every day."