

## Breast Health Beaded Necklace or Key Chain

### Helpful Materials

Beads, string, key rings

Bead sizes for each person include: 1 ½ inch, 1 inch, ½ inch, 3/8 inch, 3/16 inch

Breast health booklet for each participant, 'Weaving Breast Health into Our Lives.'

### Number of Participants

This activity works with any number of people. You will need enough materials for each person.

### Amount of Time

20 minutes

"I really like this activity. As people are creating their necklace they open up with conversation. I think having a hands-on activity is great." "Love the hands-on approach!"

This art activity invites participants to learn about breast health and create a breast health wellness reminder for themselves or someone they want to encourage to practice self-breast awareness, have clinical breast exams, and mammograms.

Each participant receives the breast health supplies to make a necklace or key chain. Examples of the size of beads to represent self-breast awareness, clinical breast exams, and mammograms are included on page 2 of this activity. Participants use the beads to string a breast health necklace or key chain. Participants can creatively use the beads to create their own pattern or follow the design on page 2.

To support breast health messaging, give each person a copy of the breast health booklet, Weaving Breast Health into Our Lives. Ask participants to read through the booklet. Underline messages you want to remember, star messages that you really like, and put a "?" where something is confusing or you want to know more about. After participants have an opportunity to look at the booklet ask them to share what they underlined and starred. As people share their ideas, have everyone look at those pages. Then ask people to tell what their questions are and provide the missing information or let people know where to find that information.



If you do not know the answer to a question you can say that you do not know and either look for an answer or have them ask their health care provider.



## The Breast Health Necklace

A simple and beautiful reminder of how monthly breast self-exams, yearly clinical breast exams and mammograms can save your life.

### Materials Needed:

#### Two: 3/16" beads

These are the average size of lumps found by regular and repeat mammograms

#### Two: 3/8" beads

This is the average size lump found by first mammograms

#### Two: 1" beads

This is the average size lump found by occasional Breast self-exams

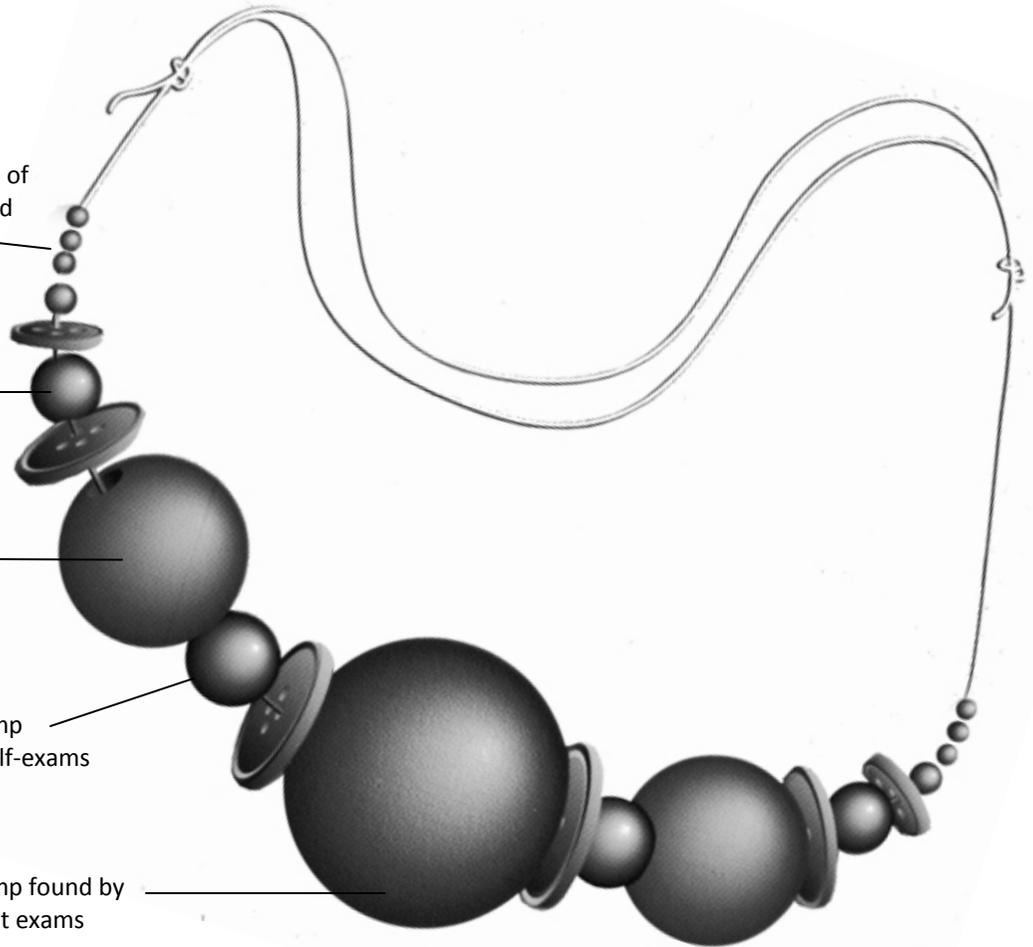
#### Two: 1/2" beads

This is the average size lump found by regular breast self-exams

#### One: 1 1/2" bead

This is the average size lump found by women untrained in breast exams

Use buttons for spacing.



Be Creative and Have FUN! Share your new knowledge with a friend.



*The Best Protection is Early Detection.* To stay healthy, practice self-breast awareness to learn what your breasts normally look and feel like, have clinical breast exams by your health care provider and after the age of 40, have recommended screening mammograms.

If you have a family history of breast cancer, talk with your health care provider about recommended screening exams that are best for you.