

# Making Necklaces

## Running Club Activity Sheet

Besides running, one activity our LIA running clubs do together is make necklaces. These are not just fun beading projects, but serve as visual reminders of some of the main topics running club coaches teach the youth about when they meet.

Much like these young people from Africa and the Caribbean, you can make your own necklace.

### Here's what you'll need:

- Thread or wire
- A clasp
- A package of small beads (we use black)
- Four medium sized beads (we use pink and white)
- One big bead (we use purple/blue)

### Here's what the necklace means:

- The large purple/blue bead at the center stands for our Creator who holds our lives together. Without God, our lives are in vain.
- The medium white beads remind us of our values and our purpose. When we have God at the center of our lives, we're free to step into what he's calling us to be and do.
- The medium pink beads that come next signify our promise to stay committed and to never give up.
- The clasp reminds us of the community support we have from parents, teachers, leaders, and pastors.

