

# Being a Brilliant Bridesmaid

You have been asked to be a bridesmaid, and that means you have an exciting and important job ahead. Follow our top tips to be a shining star on the big day.

## Relax

A wedding is for everyone to enjoy, but it's natural to be a bit nervous beforehand. If you can, find a quiet spot to sit down. Then take some long, slow, deep breaths in through your nose and out through your mouth to help you get instant calm.



## Remember

If you have duties, such as helping to hold the bride's train, don't wander off until you've done your part.

Unsure of what you should be doing? Ask an adult - they will be happy to help. You can do it!



## Glide

Smile! A bridesmaid's dress just doesn't match a frowning face.

Stand up straight and walk elegantly. Imagine there is an invisible string coming out of the very top of your head and pulling you up towards the sky.

For real grace, look straight ahead, not at your toes.



## Enjoy!

There is always a lot going on at a wedding, but don't let that get in the way of the main point: to have a really happy day!

