# Making Friendship Bracelets

# Friendship Bracelets

*Did you know you can make bracelets out of brightly coloured embroidery threads? Once you master braiding you can experiment with different thicknesses. You can even add beads. To get started you just need to know you which is left and right!*

You will need:

embroidery threads
tape
a button
a needle
scissors

**left**

**right**

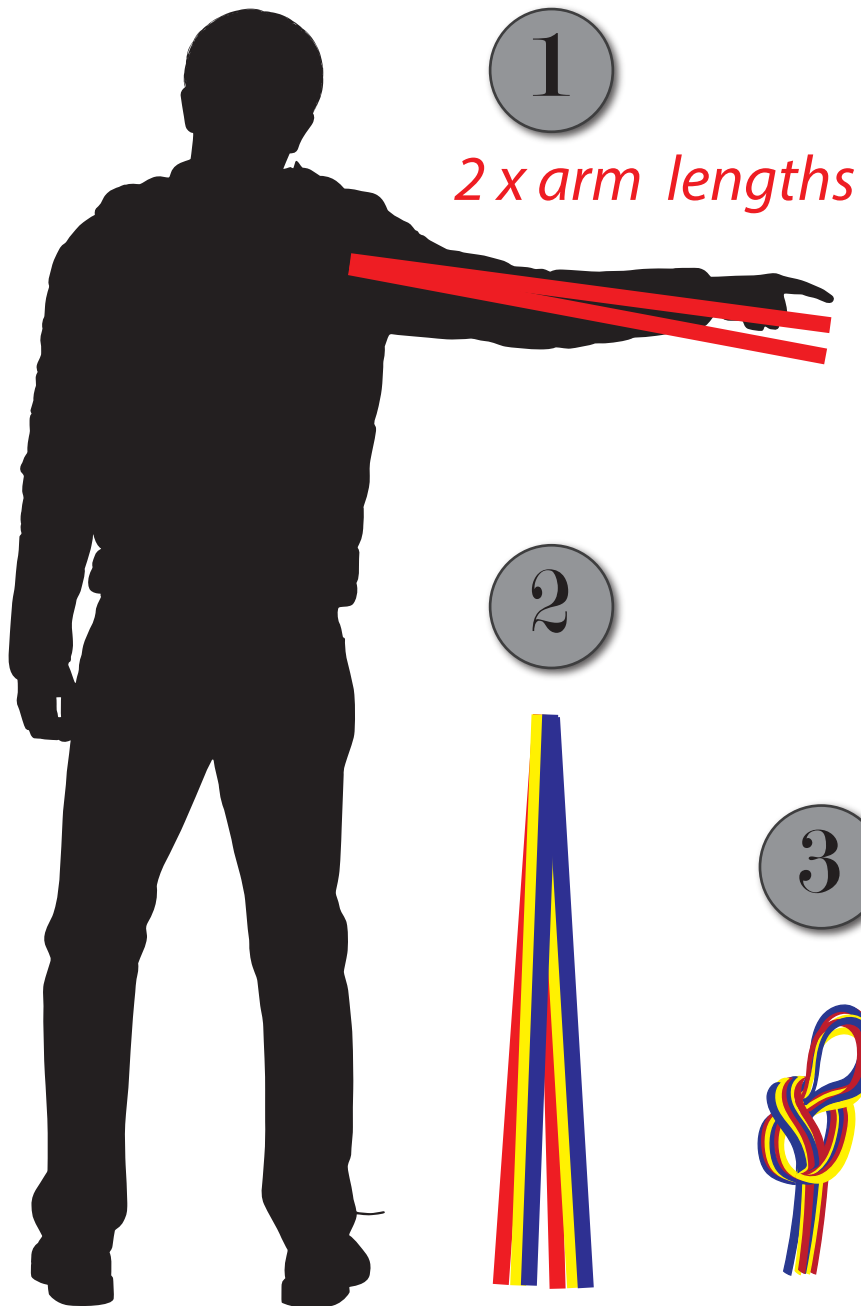**1** 2 x arm lengths

# Measure your thread:

*1) Measure your first thread. It should measure double the length of your arm (from your shoulder to your fingertips.)*

*Use this thread to measure and cut two more threads the same length. Use different coloured threads.*

# Tie your thread:

*2) Lay the threads out on top of each other with their ends lining up and fold in half.*

*3) Tie a knot to secure the folded end, leaving a loop big enough to fit over your chosen button.*

# Secure Your Work:

*Tape the tied threads to a firm surface.*
*Separate the threads into the three colours.*

# Begin Braiding:

*1)* Keeping strands of colours together, cross the **right** strand (blue) **over the middle** strand (yellow). Pull up tightly.
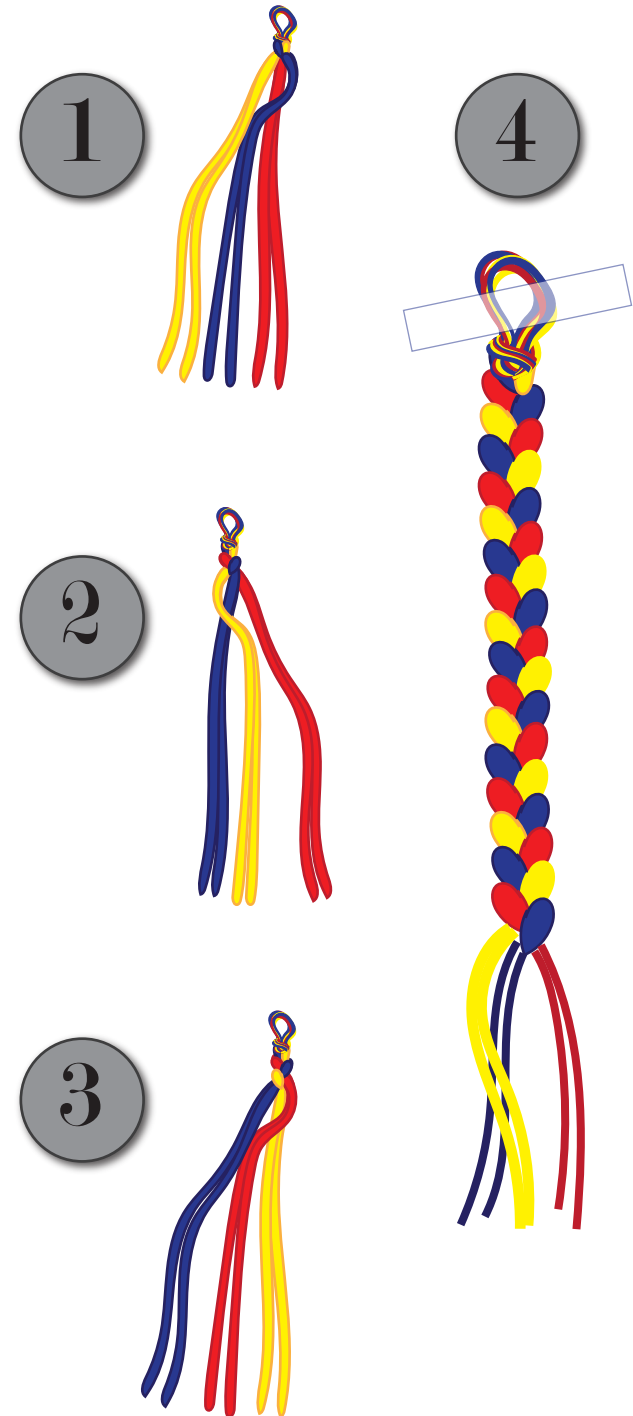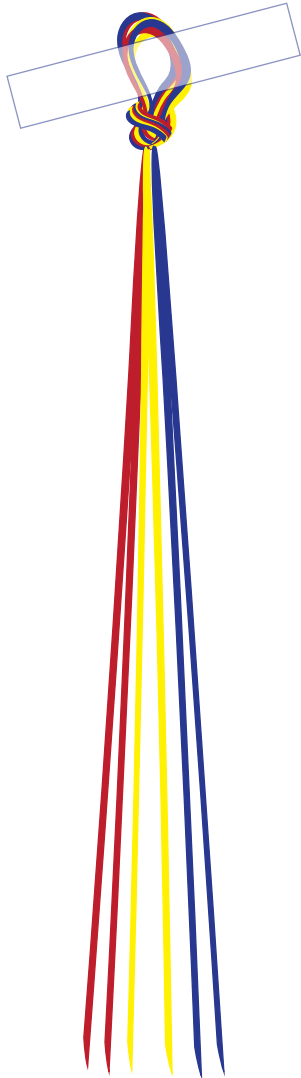*Now the blue is the middle strand and the red is the right strand.*

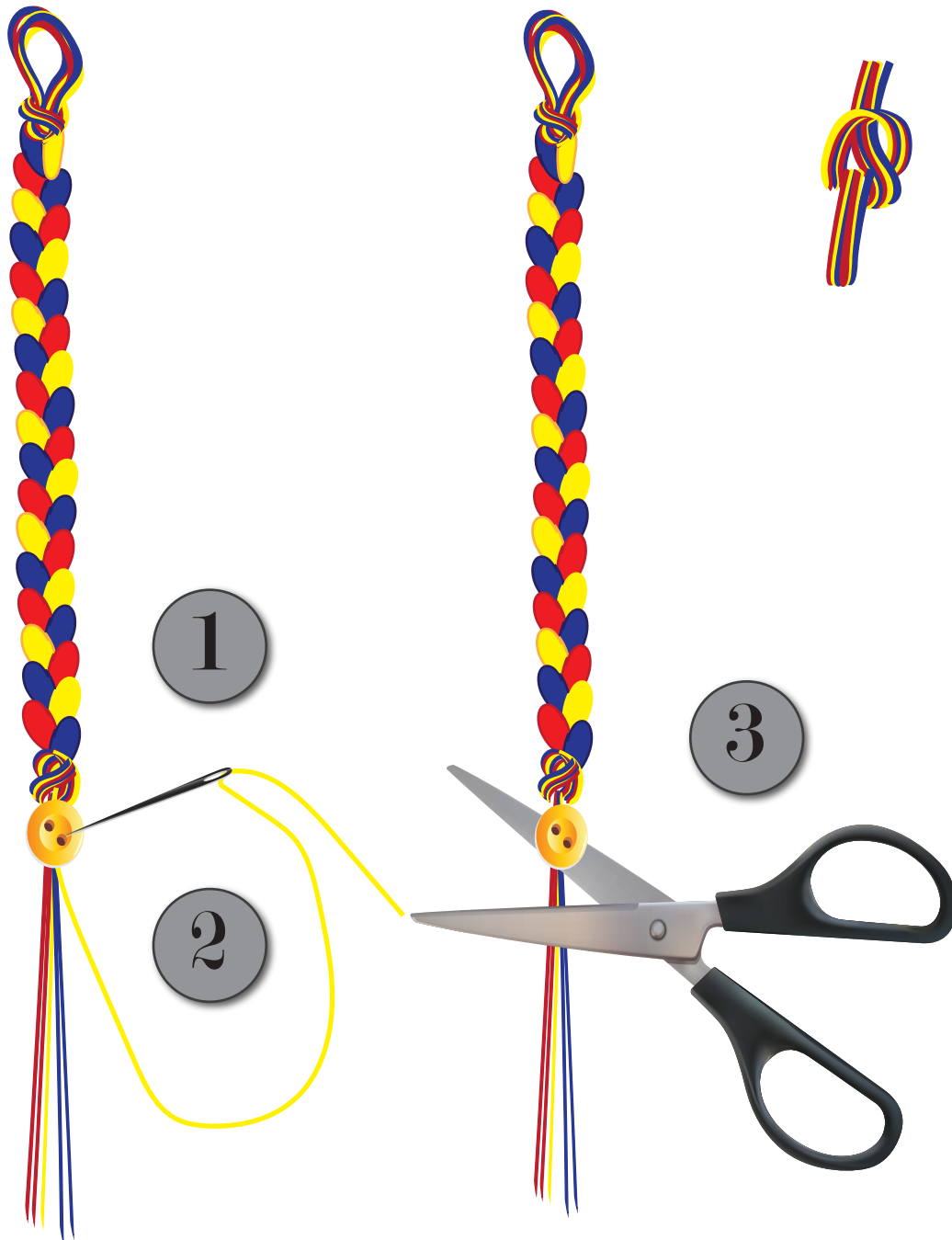2) Cross the **left** strand (yellow) **over the middle** strand (blue). Pull up tightly.
*Now the yellow is the middle strand and the blue is the left strand.*

3) Cross the **right** strand (red) **over the middle** strand (yellow). Pull up tightly.
*Now the yellow is the right strand and the red is the middle strand.*

4) Continue braiding with the left strands then the right strands until the bracelet is the desired length.

**1**

**2**

**3**

**4**

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# End Off:

Bunch all strands together, loop and tie off to secure the end.

# Attach Button Fastener:

1) Thread the needle with one of the lengths of thread. Pass the needle up and through the button holes a few times.

2) Stitch through the knot then tie the thread around the knot a few times to secure.

3) Cut off the tail of extra threads to neaten up the bracelet.

* If you prefer not to use a button, simply tie your bracelet on to your wrist.

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