

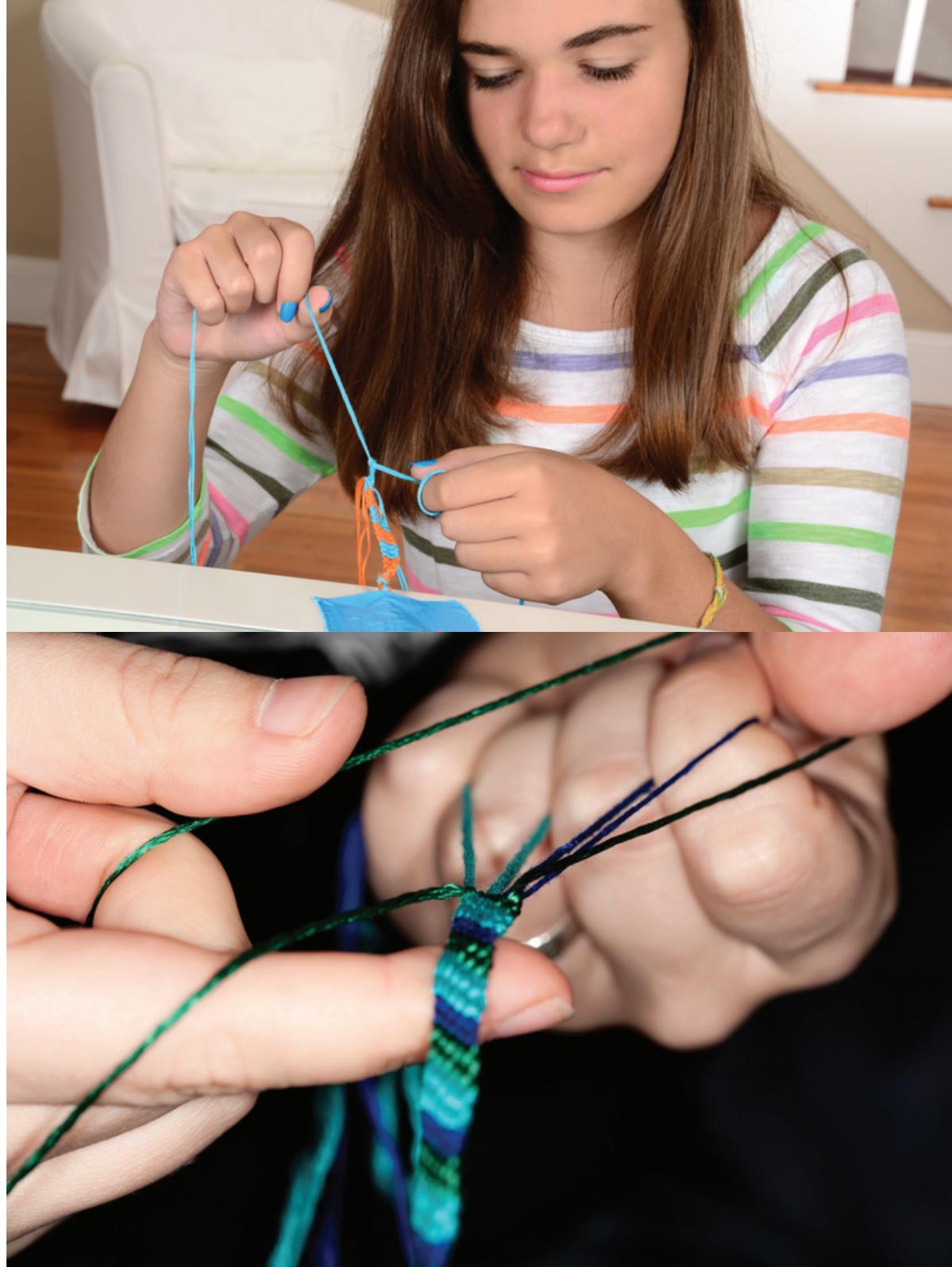
Making Friendship Bracelets

Friendship Bracelets

Did you know you can make bracelets out of brightly coloured embroidery threads? Once you master some easy knots you can experiment with a variety of interesting patterns.

You will need:

embroidery threads
tape
a button
a needle
scissors



Measure your thread:

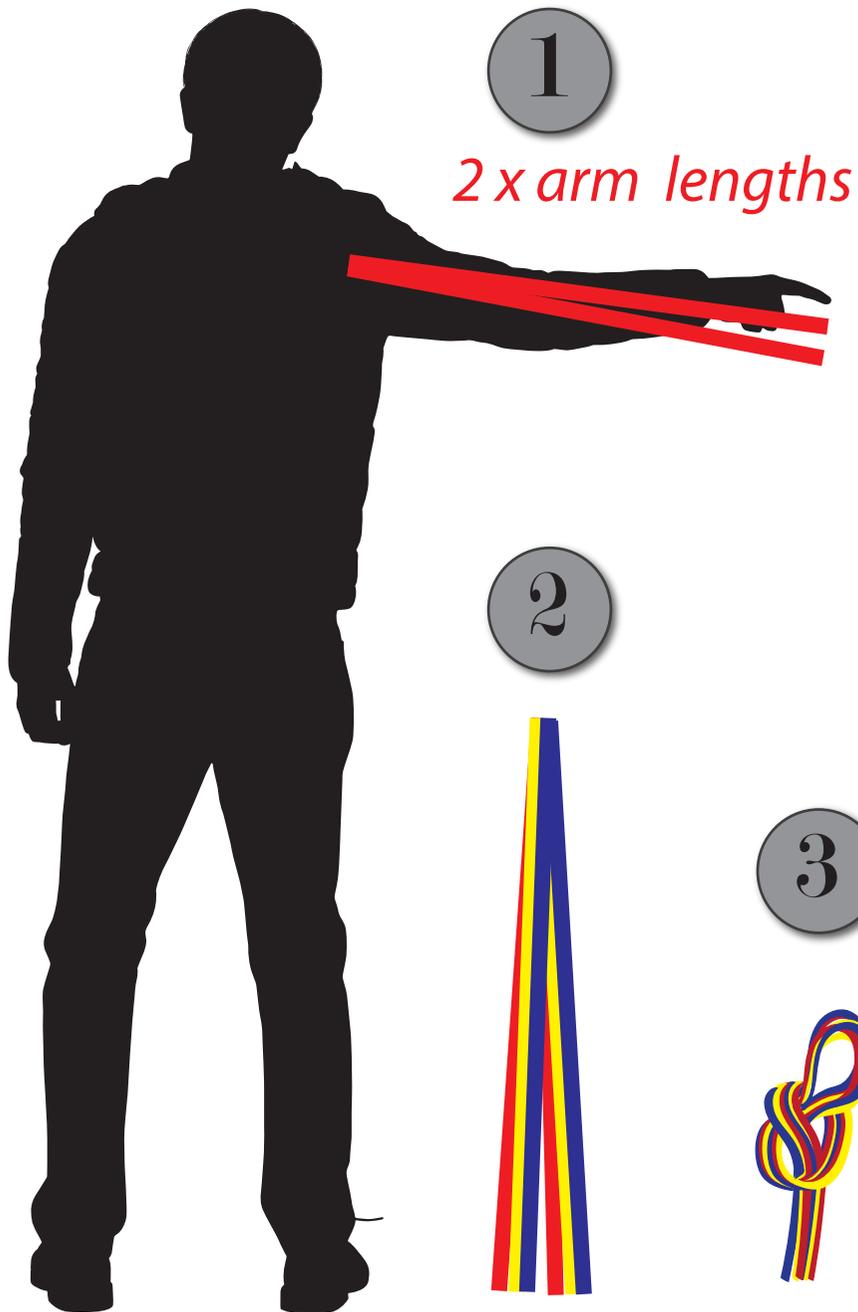
1) Measure your first thread. It should measure double the length of your arm (from your shoulder to your fingertips.)

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.

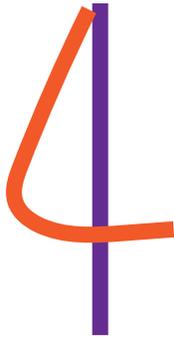


How to tie the basic double knot:

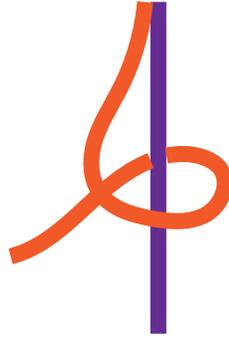
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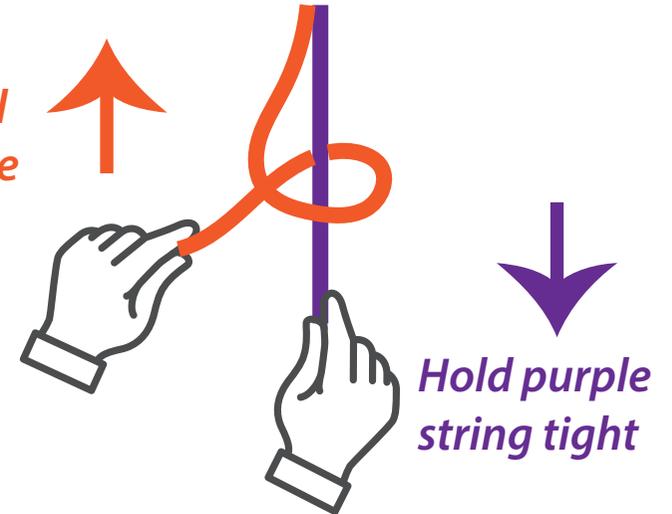


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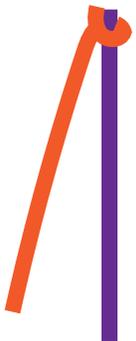
- 1) Tie with the thread on the left.
- 2) Lay the first thread over the second thread, making an L shape.
- 3) Take thread behind the second thread and pull it through the loop.
- 4)

Pull orange string up until a knot is made



Hold purple string tight

4



5



6



- 5) Lay the first thread over the second thread, take thread behind the second thread and pull it through the loop a second time.
- 6) Note: make sure you have done **two** knots to complete the double knot.

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Secure Your Work:

- 1) Tape the tied threads to a firm surface. Separate the threads into colours.

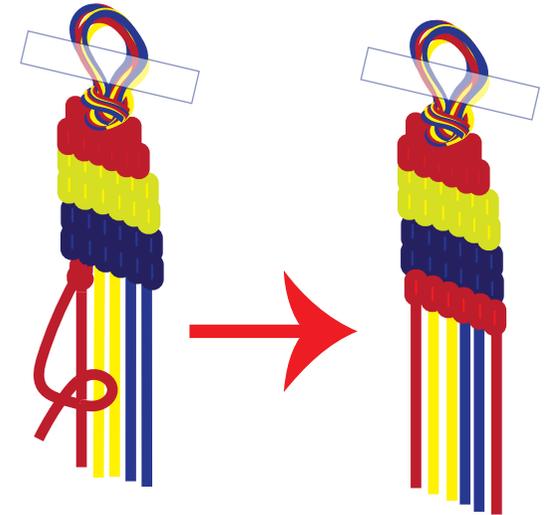
Begin Knotting:

- 2) Working with the first thread on the left (the red thread) double knot across each thread from left to right. After the last knot, the first red thread becomes the last thread.

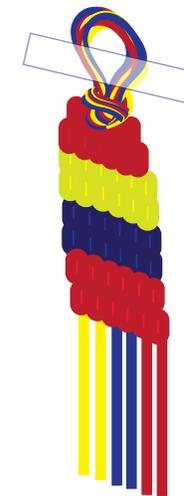
- 3) Now work with the new thread on the far left (a red thread) to make a second row. After the last knot, the second red thread becomes the last thread.

- 4) Repeat for the yellow threads and then the blue threads. The colours will repeat in the same order.

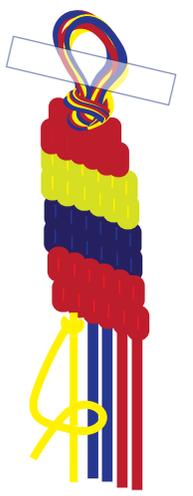
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End Off:

1) When the bracelet is long enough, closely tie off the end to secure.

Attach Button Fastener:

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

2

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

3

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

4

