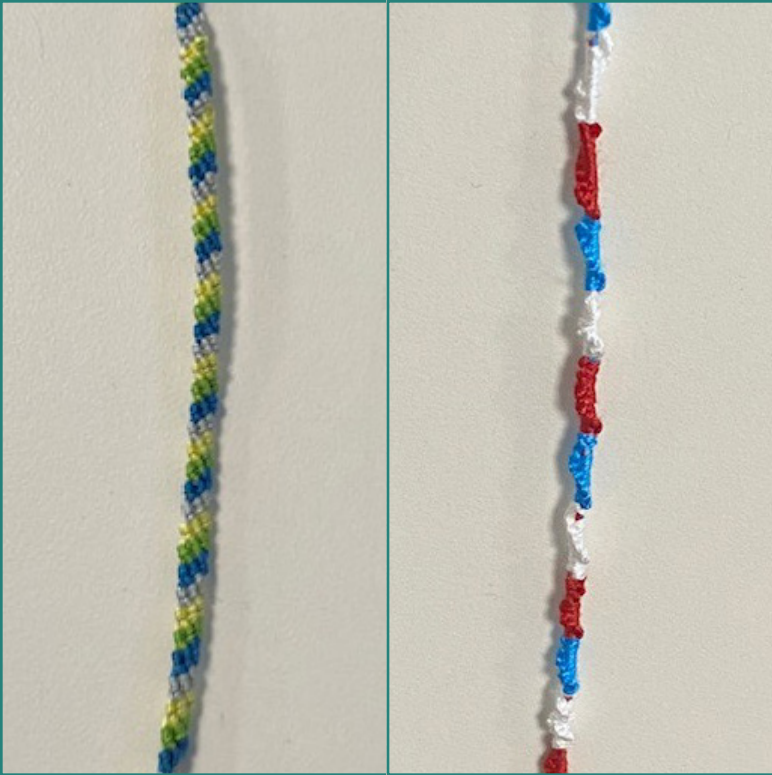


TWO WAYS TO MAKE

Friendship Bracelets

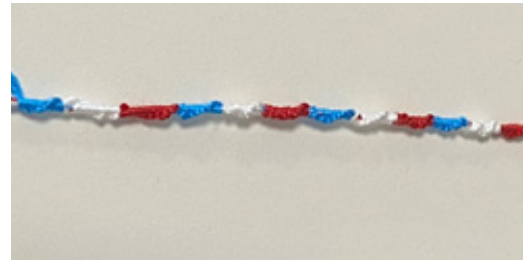


WHAT YOU'LL NEED:

- Embroidery floss in a variety of colors
- Safety pin, masking tape, clipboard—anything that will hold the bracelet steady while you work on it
- Scissors
- Ruler or measuring tape

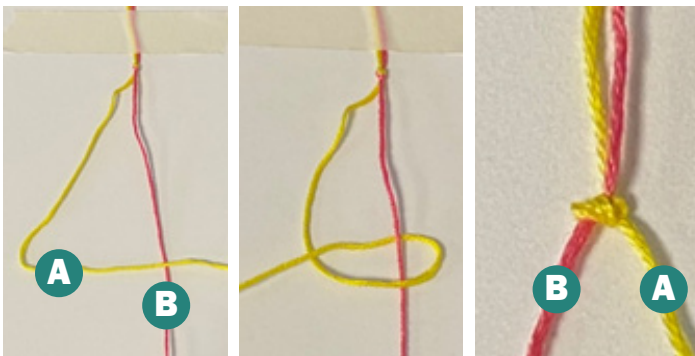
THE SPIRAL STAIRCASE BRACELET

This is a great bracelet for beginners.



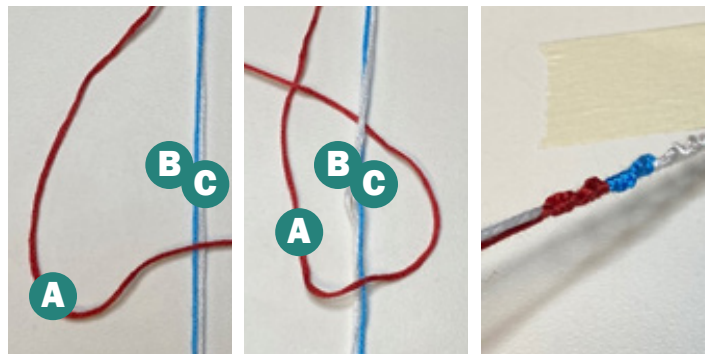
HOW TO TIE A FORWARD KNOT

Both styles of bracelets use the same knot, known as the forward or left-loop knot. Practice this knot using two strands of floss until you get familiar with the motion.



1. Knot two pieces of string together, leaving a little bit of a “tail,” and secure the tail using one of the methods mentioned above (safety pin, masking tape, etc.).
2. Hold string B tightly. In the photo the red string is B.
3. Cross string A (yellow) over B making a loop that resembles the number 4.
4. Pull string A under string B.
5. Gently pull the knot to the top and then pull it tight. You have now tied half the knot.
6. Repeat steps two to five to complete the knot.

1. Pick three to eight colors for your bracelet. Cut each color to approximately 24 inches. This will give you a finished bracelet of about seven inches.
2. Knot the strings together. Remember to leave a tail.
3. Choose which string you want to be first. Pull that slightly to the left and the leave the rest of the strings grouped together.
4. Tie a forward knot, just like you practiced. When you make the loop with string A, pull it over ALL the remaining strings at once and then pull string A under and make your knot.
5. Repeat this process for as many times as you would like that color, at least five knots. The bracelet pictured here used 10 knots per color.
6. Repeat steps four and five with the next color and continue until you reach the desired length.



CANDY STRIPE BRACELET

1. Pick at least four colors for your bracelet. If you're just beginning, using just four will be less confusing. If you're a bit more advanced, remember that the more colors you use the thicker the bracelet will be.
 2. Cut each string to approximately 36 inches.
 3. Tie the colors into a knot, remember to leave a tail.
 4. Separate the strings and "label" them A to D. In this demonstration A is blue, B is gray, C is yellow, D is green.
 5. Take string A and make a forward knot on string B. Once the knot has been completed string A will have moved and now your colors will be BACD.
 6. Continue with string A and make a forward knot on string C, and then on string D. When you are finished the order of the strings will be BCDA.
 7. Repeat the steps five and six with string B, then string C, and finally string D. Then continue the pattern until you have reached the desired length, approximately seven inches depending on preference.
- See the photos to the right for reference.

