

# FRIENDSHIP BRACELETS



BEADED BRACELET

DIAGONAL BRACELET

## BANDING TOGETHER

Show how much you care by making friendship bracelets! Through this service project, the bracelets you make will have a powerful impact: You can use them to spread awareness, raise money, or send to patients!

Remember, you'll want to connect with your associate before you begin. They'll be able to tell you if fellow volunteers in your region will be heading on a medical mission and if they can deliver your bracelets to patients. If you do know your bracelets will be going to a particular country, tailor your artwork to them! Consider choosing inspiring words in their language and picking meaningful colors they'll love.

Here, we provide directions on how to make two different kinds of bracelets.

### BEADED BRACELET

#### MATERIALS

- String
- Colorful beads
- Letter beads
- Hot glue or strong glue

#### INSTRUCTIONS

1. Cut a piece of string the size of your wrist (keep in mind you'll need room to tie it).
2. Add colorful beads and create a pattern.
3. Use letter beads to spell out inspiring words.
4. Tie a knot when you're finished adding beads.
5. Place a small amount of glue on the knot.
6. Tie another knot and trim the edges.

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## DIAGONAL BRACELET

### MATERIALS

- ❑ 3 different colors of embroidery string that are 50 inches or longer
- ❑ Tape

### INSTRUCTIONS:

1. Pick out three colors of string, line them up and fold them in half, making a knot at the top of the fold and making a loop.

2. Tape the loop to a hard surface that won't move.

3. Section each of the strings by color (or choose the order of colors) by putting the first color all the way to the left. There should be two of each next to each other.

4. Take the string on the far left, make a forward 4 on top of the second string, and pull the top string around the bottom string, keeping the second string still. Do this two times on every string.

5. Once you make two 4's on every color with the first string, it should be on the far right.

6. Now, do it again with the same color second string and repeat for all the other strings after.

7. The pattern should extend to the sides of your wrist.



8. Take the leftover string and tie a knot as close to the end of the pattern as possible.

9. Section each of the colors, braid them, and tie a knot at the end. We recommend a slip knot Instructions because it allows you to adjust how big or small the bracelet is.

### To create a slip knot:

1. Take the end of your bracelet and put it through the loop at the top forming a big loop.
2. Take the end again and pull it through the big loop, but not all the way.
3. Pull the original loop over the knot and onto the braid.