

LET'S celebrate friendship!

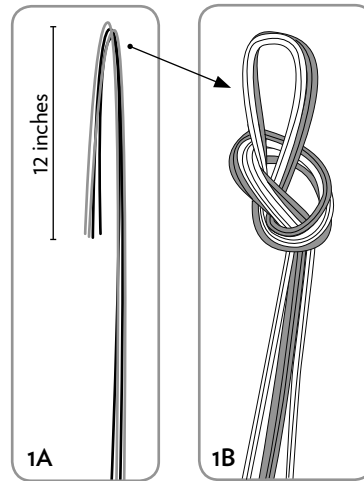
Sharing is an expression of kindness that can impact those around you with an added bonus of making you feel great too. Express your creativity and encourage others with something that is unique... just like you!

What you will need to create one bracelet:

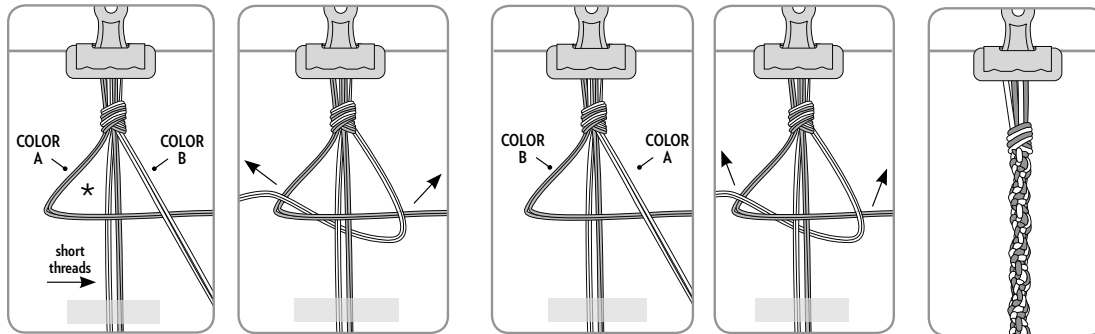
- 2 colors of embroidery floss, 100 inches of each color
- Scissors • 2 Metal Clips or tape • 15-20 minutes

Getting Started!

- 1 Cut 2 threads of each color to be 50" long (4 threads total)
- 2 Line up all the threads, fold them at 12 in. (1A) and make a knot to create a loop. (1B)
- 3 Attach the loop and knot end to a hard surface (cardboard or book) with a clip or tape.
- 4 Clip or tape the shorter threads to your surface, towards the bottom of the threads.



Begin Knotting!



1 Take color A threads and place them over the center threads as shown above. Color B goes over A, under the center threads and up through * on the left.

Pull both A and B threads out and up gently to create the first knot.

2 Take threads B, which is now on the left, and place them over the center threads. Color A goes over B, under the center threads and up through * on the left.

Pull both A and B threads out and up gently to create the second knot.

3 Continue steps 1 and 2 until your bracelet is 7-8 inches long. Tie a knot at the end. Trim threads about 3 inches from the knot. Attach to wrist by tying ends through the loop.

What is a friend?

Think about words you would use to describe a friend.

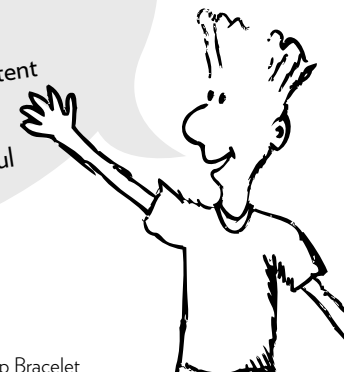
How do YOU define friendship?



Did you know...

colors have meaning? The colors used to create a bracelet can each represent a personality or character trait. What colors reflect your friend? What colors best describe you? As you make each bracelet, put some thought into which colors you will choose and how they represent qualities in you or your friend.

- Pink** = kind, funny
- Red** = creative, fun
- Orange** = energetic, athletic
- Yellow** = cheerful, helpful
- Green** = responsible, logical
- Blue** = loyal, ambitious
- Purple** = confident, persistent
- Black** = strong, outgoing
- White** = honest, respectful



HISTORY OF FRIENDSHIP BRACELETS

Did you know that the art of knotting has a name? It's called macramé and it's been around for a long time. Macramé is different than knitting or weaving which both use loops of thread rather than knots. One of the most popular forms of knotting, or macramé, is friendship bracelets.

You'll find decorative knot-tying in cultures all around the world! China has used decorative knotting as early as 400 B.C. Arab weavers in the 13th century tied the fringe from their weaving looms into decorative knots. They lived along main trading routes so the art of knotting spread to surrounding countries. Native Americans used knotwork in their crafts independently of the other continents. Sailors have used knotting for centuries, not just for practicality, but also as a decorative art to pass time during the long days at sea. In fact, knotting has even been used to make boats in Oceanic cultures!

Getting started doesn't require much besides thread and patience. As a symbol of friendship between you and a friend, add secret meaning to your bracelets by using colors that represent your friends' personalities. These bracelets represent your lasting friendship, and therefore are usually worn continuously.

Champions love to help people and make friends, that's why they encourage others!

Copy this page onto bright cardstock and cut out the four cards. Using a hole puncher, create holes using the marks provided.

Place your bracelet through the holes and tie.



Cut along dotted lines.



NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®



to:

I'm so glad we're
friends!

from:



NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®



to:

★ friends
forever ★

from:



NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®



to:

I hope you know, you're
awesome

from:



NEVER GIVE UP ★ ENCOURAGE OTHERS ★ DO YOUR BEST®



to:

you are
amazing!

from:

