

WORKSHOP: "FRIENDSHIP BRACELETS"



Summary: Participants will learn basic braiding, knotting and beading techniques to create a variety of bracelets from embroidery threads, beads and buttons.

Artist Facilitator/Writer: Elise Dao

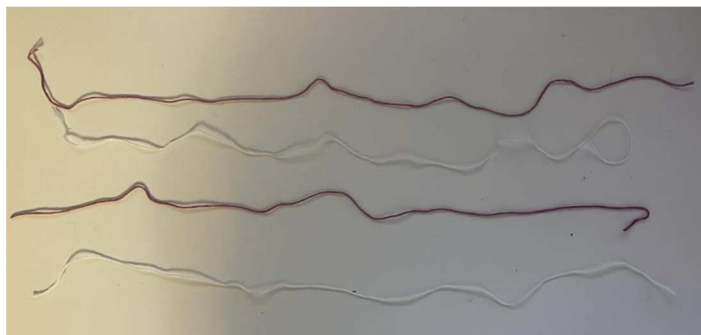
Materials and Equipment:

embroidery threads – assorted colours
safety pins
macramé board
masking tape
beads
sewing kit
sewing tape measure
liquid fray preventer
magnifier
instructions/ideas sheet

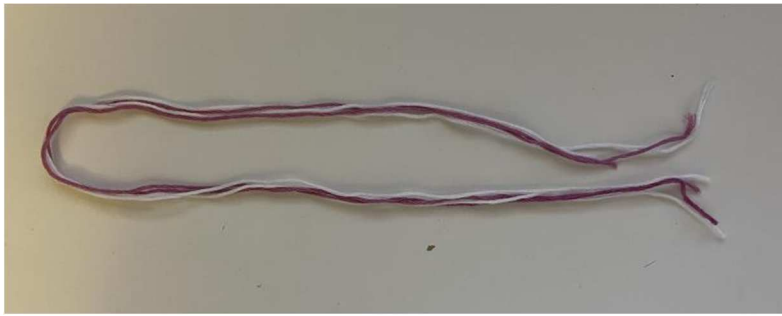
pencil, eraser, sharpener
sketch paper
coloured pencils
small sewing scissors
buttons – assorted sizes and colours
skewers
assorted yarns and cords
optional: book on friendship bracelets for inspiration
artwork samples

Class Plan:

1. Choose 2-5 colours of embroidery threads.
2. Measure out the embroidery threads and cut two metres in length of each.



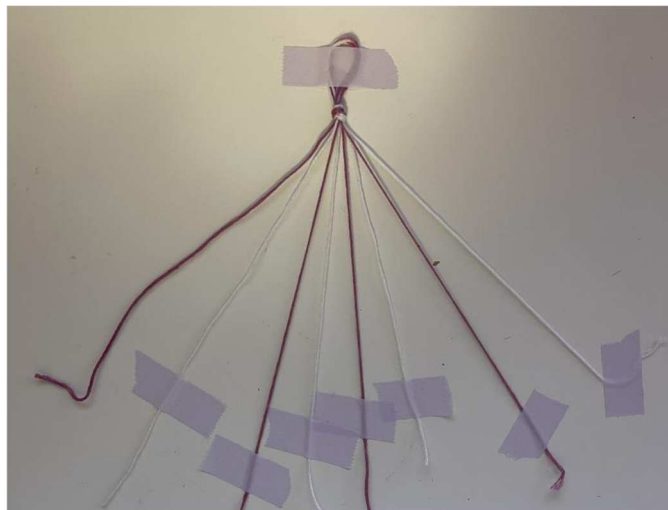
3. Put the embroidery threads together and then bring both ends of the threads together.



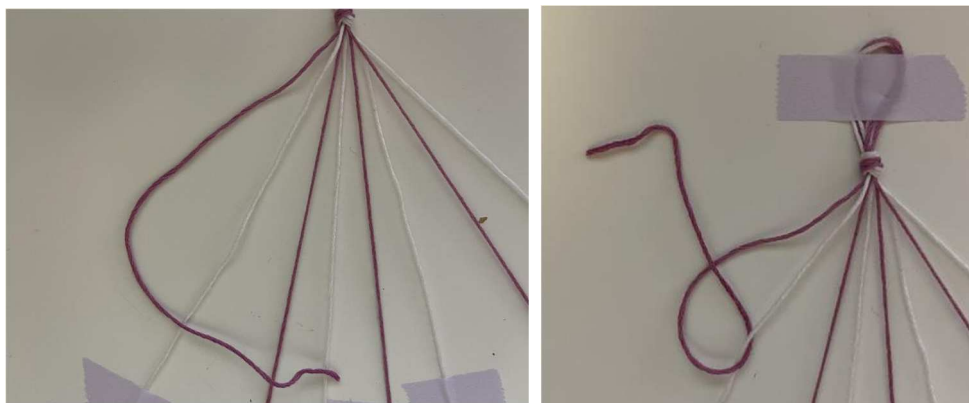
4. Take the end of the threads and create a knot to start the friendship bracelet.



5. Tape or pin down the knot onto a surface or cushion to work on the bracelet. If available, use a macramé board to pin the top of your bracelet in place while working on it.
6. Separate the threads in order of how you want your pattern to look.



7. To create the basic left knot to begin the design, you take the first thread from the far left and create an “L” shape on top of the thread next to it. You create this knot two times for the design to show as you progress.



Note: The basic right knot is the same idea but the method is mirrored, working from the right side.

8. After you create the two left knots on the second thread, you move on to the following threads until it has reached the far-right thread.
9. Once you have reached the end, you repeat the process with the far-left thread and repeat the previous steps before, across the threads.



10. You continue these steps until the friendship bracelet has reached your desired length or sits comfortably around your wrist.
11. Once you have reached the desired length, create a large knot to tie the loose ends together.
12. After that knot, you can thread the extra embroidery thread through a button that fits comfortably inside the loop that was made at the beginning.
13. Tie a knot to hold the button in place and trim off the extra threads.

Useful Information/Adaptions/Variations:

- These instructions show how to make the basic chevron friendship bracelet. There are many patterns and designs available online that build on this and other types of knots.
- Try creating your own pattern. Nature is a great source of colour and pattern inspiration.

Trouble Shooting:

- Unwanted knots can be worked out using the tip of a skewer or stitch ripper.
- Anchor the start of your bracelet to your jeans using a safety pin or to the table using masking tape.
- If the knot holding your button in place comes loose, you can add a small amount of liquid fray preventer to hold it. This does make the thread a little harder to the touch though.