



Valley of the Sun  
**UNITED WAY**

# FRIENDSHIP BRACELETS



## LET'S TAKE A TRIP DOWN MEMORY LANE!

Do you remember how special it felt to receive a friendship bracelet? Reminisce about summer camp by crafting friendship bracelets and encouragement cards that spread love, support, and inclusion

### MATERIALS NEEDED

- ✓ Thread
- ✓ Ruler
- ✓ Tape
- ✓ Scissors
- ✓ Pattern

The activity can be completed individually or in a group setting, whether at home or any other location.

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## CHEVRON PATTERN

→ **Setup.** Choose as many colors of embroidery floss as you'd like. For beginners, 4 colors are recommend.

→ **Step 1.** Start by preparing the strings.

Cut 72" lengths of each of the four colors. Fold the strings in half so that you have 8 36" lengths – 2 of each color. Tie an overhand knot on the folded end. Keep the knot close to the folded end, so you end up with a small loop at the end.

Arrange the strands in your chosen color order, in such a way that the color order mirrors itself. For example, the 8 strings would be: hot pink, light pink, blue, green, green, blue, light pink, hot pink. Or, if you were to label the strings, they would go: ABCDDCBA.

Secure the strings with a safety pin, under a clipboard, or with masking tape.

→ **Step 2.** Starting with the outermost left-hand string (hot pink) tie forward knots on the next three strings until you reach the middle. In other words, use string A (hot pink) to tie a forward knot on string B (light pink), then string C (blue), then string D (green). Forward knots are tied by making a "4" shape with the working string over the second string. Remember, each knot in a friendship bracelet consists of two half-hitch knots.

→ **Step 3.** Using the outermost right-hand string (the other hot pink string), tie backward knots on the next three strings until you reach the middle. In other words, use string A (hot pink) to tie a backward knot on string B (light pink), then string C (blue), then string D (green).

Backward knots are tied by making a "P" shape with the working string over the second string. Remember, each knot in a friendship bracelet consists of two half-hitch knots.

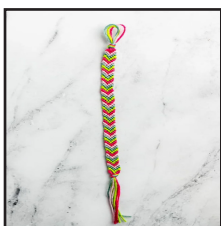
To finish the point at the center of the chevron's "V" shape, use the left-hand hot pink string to tie a forward knot around the right-hand hot pink string.

(Technically, it doesn't matter if you make a forward or backward knot – as long as you knot one hot pink string around the other.)

Your first chevron row is now complete! At this point, you should notice that the order of the colors has changed. If we started with the order ABCDDCBA, it should now be BCDAADCB.

→ **Step 4.** Continue making more rows by repeating the process with the other strings. Use the new left-hand string (light pink) to make forward knots until you reach the middle. Then, use the new right-hand string (the other light pink) to make backward knots until you reach the center. Tie the two light pink strings together with a forward knot.

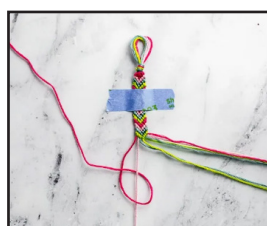
Continue until your bracelet is as about 7" long, or as long as you'd like.



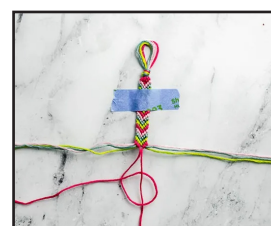
Step 1



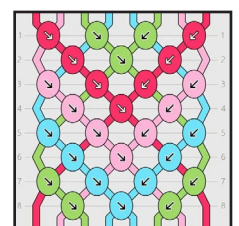
Step 2



Step 3



Step 3

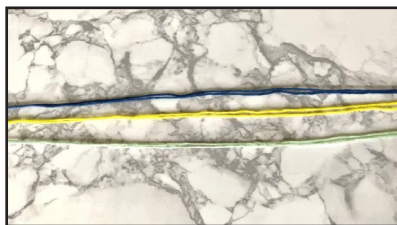


Step 4

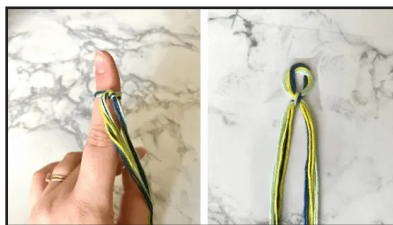
## BRAIDED PATTERN

- **Step 1.** Start by cutting about two 36-inch strands of embroidery floss in each of 3 colors. You'll have six strands total.
- **Step 2.** Keeping the strands of like colors together, loop all six strands together around your finger and tie a double knot.
- **Step 3.** Tape the loop to a tabletop, clipboard, or another stationary surface. Separate the colors so that the like colors are together and the colors on the right and left mirror each other (as shown).
- **Step 4.** Take the color on the right side (in this example light green) and bring it to the center, crossing over the other two colors on the right. Repeat this with the same color on the left side.
- **Step 5.** Repeat this with the next color on the right side, bringing it to the very center. Repeat on the left side.
- **Step 6.** Repeat this again with the remaining color on the right side, bringing it to the center. Repeat this on the left side as well.
- **Step 7.** Once you've done this with all three colors on both sides, gently pull the three colors taut on the right and left sides to tighten your braid.
- **Step 8.** Continue crossing the colors the same way as before, going right-to-left and left-to-right in the same color order. Once you've done each round, gently pull the threads to tighten the braid.
- **Step 9.** Once you've achieved the desired length (you should have more than enough thread), tie two knots at the end to end the braid.

**Optional:** String a pony bead (or bead of comparable size) to the end and tie another double knot to keep the bead in place. Cut off the remaining threads at the end and tie on your new braided friendship bracelet.



Step 1



Step 2



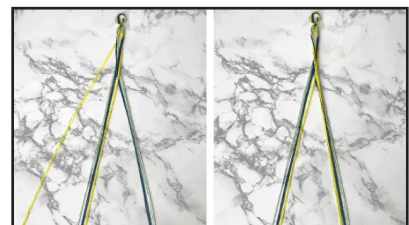
Step 3



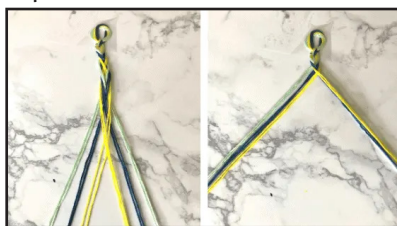
Step 4



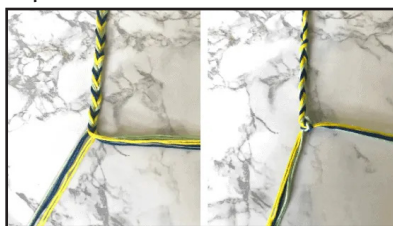
Step 5



Step 6



Step 8



Step 9