



Learn to Braid a Friendship Bracelet

Rapunzel braided her long hair, and you can use the same technique to make a beautiful bracelet for you or a friend.

Adult supervision recommended for children under 8.

You will need:

Embroidery floss, yarn, or other lightweight string or cord

Scissors

Measuring tape

Masking tape (optional)

1. To begin, measure around your wrist. To find out how long to cut each piece of string, double your wrist measurement. For example, if your wrist is 6 inches around, add 6 inches to get 12 inches total.
2. Cut 3 pieces of your string using the total measurement you calculated (12 inches each in this example). They can all be the same color, or you can play with different color combinations.
3. Tie all 3 pieces together in a knot about 1.5-2 inches from one end. To hold the end in place, you can use masking tape to hold the knot down to a table. If you don't have any masking tape handy, ask a family member to hold the knot so you can work on braiding.

4. To start braiding, spread the 3 strands out so they're not crossed or tangled. (The photos here start in the middle of the braid, but the process is the same). Lift the strand on the far right (blue in the first photo) and cross it over the middle strand (red). Then lift the left strand (black) and cross it over the middle strand (now blue).



5. Repeat this sequence, continuing on by lifting the right strand (now red) to cross over the middle strand (now black). Continue this way until your braid is long enough to loosely go around your wrist. (Leave at least 1.5-2 inches at the end for tying)

6. Tie another knot with all three strands at the end of your braiding. Ask a family member to tie it, using a double knot, onto your wrist. Make sure it's not too tight! Use your scissors to trim any long ends, if necessary.

You can use these instructions to make all kinds of bracelets and necklaces, and many other things too. How many different uses can you find for braiding in your home?