



# Friendship Bracelets



## Items you need

1. Cardboard or recycled box
2. Mug or round object for circle stencil
3. Pencil/Pen
4. Scissors
5. String/Wool

## Grow your brain

Who would have thought creating friendship bracelets would not only be fun but also helps us grow our brains, no matter what age we are?! Did you know that while making your bracelet you will grow our brain as you practise and put skills into action? So what exactly will you learn and develop.....

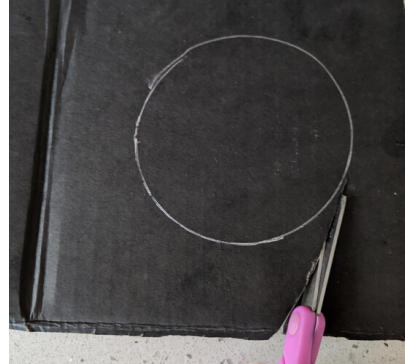
- Counting
- Memory skills
- Concentration
- Patience and Perseverance - for younger Community Heroes we suggest adult assistance/supervision. In addition we suggest you plan to creating the bracelet over time as it does require lots of concentrating. Hint a 6 year old Community Hero made their bracelet in 4 intervals. Everyone is different and some children will take longer or shorter depending in their level of interest. If you are planning a long drive or need some quiet time, ensure your bracelet wheels and strings are close by to keep curious minds entertained!
- Empathy - sharing your feelings and chatting together whilst creating. You may wish to prompt the discussion by asking....Who are we making the bracelet for? Why did you choose that person? How are you feeling about returning to school/being back at school? Or perhaps express your feelings and thoughts to lead the conversation.



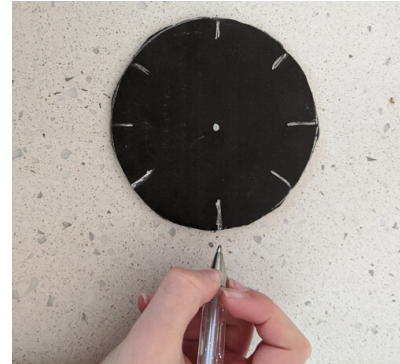
# Friendship Bracelets Step-by-Step Instructions



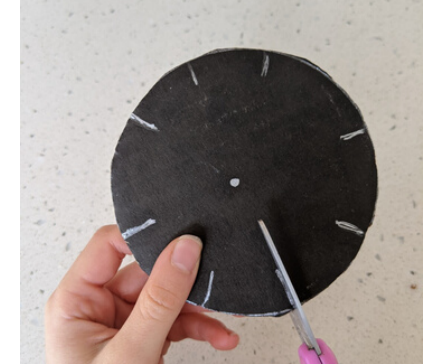
1. Trace a circle on your cardboard



2. Cut out the circle. *Adult supervision required*



3. Make 8 lines just like a face of a clock on your circle and add a dot in the middle



4. Cut a small slit on each line.



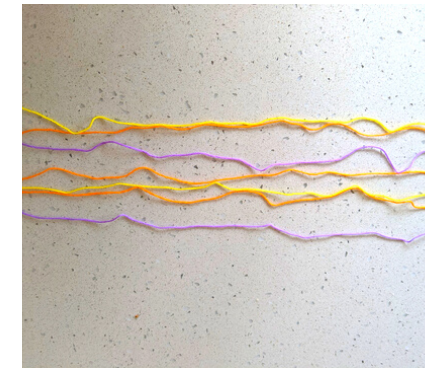
5. Ask an adult to poke the hole out in the middle



6. Decide on what string colour/s you would like to use



7. Measure a piece from your child's shoulder to their wrist



8. Cut 6 more pieces to the same length. Use the first piece as your guide. You will have 7 strings in total

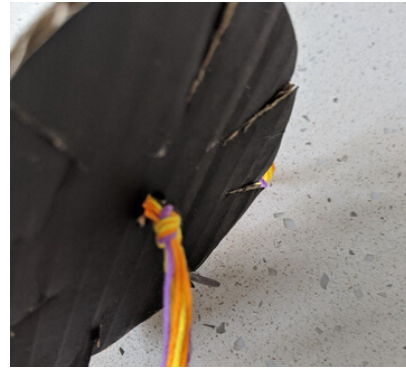




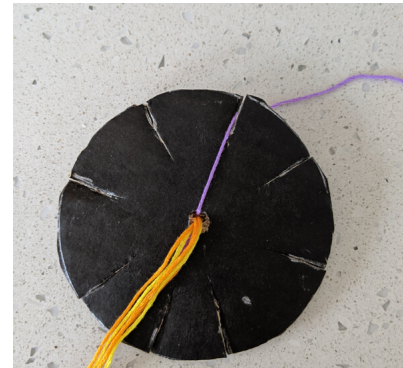
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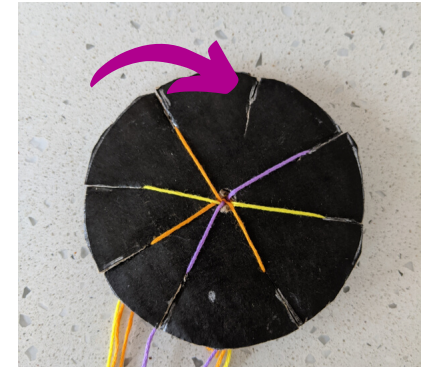
9. Take your 7 pieces of string and tie a knot at the end



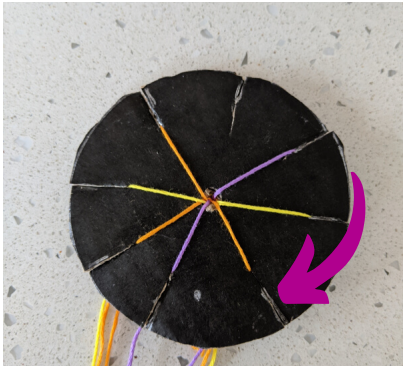
10. Poke the strings thru the wheel middle until the knot is underneath



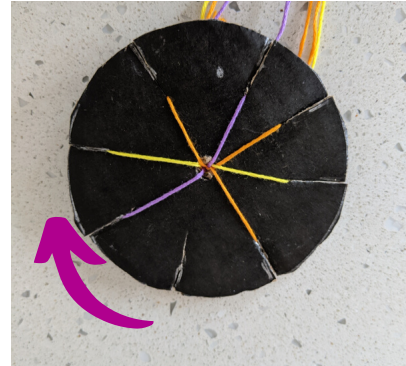
11. Hold your wheel so all the strings are on top. Separate each string & put one piece of string in each slit. There will be one slit left empty once you have finished this step



12. Now you are ready to start making your bracelet. Turn your wheel so the empty slit is at the top. Just like 12 o'clock on the clock



13. Count 3 strings to the right...1, 2, 3. Take that string and put it into the empty slit at 12 o'clock slit.



14. Turn your wheel to the right until new empty slit is at the top in the 12 o'clock position



15. Now, repeat steps 13 and 14 over and over again. You will see your bracelet being created underneath the cardboard. You can pull on the knot if you need to tighten the strings as you create it.



16. Once your bracelet is long enough for a wrist, carefully pull the strings out of the slits and hold the knot to pull all strings through. Tie a knot at the end. Your friendship bracelet is ready to gift to your lucky friend. Tie it on their wrist

