

Activity Sheet Friendship Bracelet



Friendship February reminds us of the wonder of good friends. The fun, laughter and shared experiences we've share over the years and especially the support we give each other in these uncertain times. Take time to get creative and bring a smile and cheer to your home or give a handmade gift to special friends and family.

To make your Friendship Bracelet



You will need: 5 shades of embroidery floss, sharp scissors. You can use fine yarn as an alternative.

1. Begin by cutting your embroidery floss into ten pieces (2 per color, each about 32" long) and grouping them together by color.

2. Tie them at the top (leave 2-3" of floss at the top so that you can tie it on later.) You can safety pin it or tape it, or if you are at a table putting a full glass of water over the ends will hold it down nicely.



3. Take your outermost left strand (the blue one, here) and bring it under the next strand (pink in this case) and over the next strand (peach, here.)

4. Then do the same on the other side... taking the outermost strand and bringing it under the next color (the white in this case) and over the next color (the coral here.)



Continue along, weaving under-over, under-over, and a pretty pattern will develop. I find that keeping the strands of floss as flat as possible results in a nice fat stitch.



When you have finished weaving finish by tying a knot on each end.

Taking it further...

Once you master the 5-strand braid, the options are endless try adding beads or charms. Why not try with a thicker rope or ribbon.

Regular friendship bracelets can take hours, but you can craft these in about twenty minutes.

We do hope you have fun with this. Remember friends are the family we choose for ourselves. Take care and stay safe from all of us at CARM x xx

CARM Art Exhibition

February Creative Challenge

Let your imagination take Flight!

***Create for us any art or craft item this month**

***Use the colour Green to inspire you.**

Do send us your photographs so we can share your creations with all our CARM friends! Our email is: rem@carmromneymarsh.org.uk