

Reproducible Activity Sheet

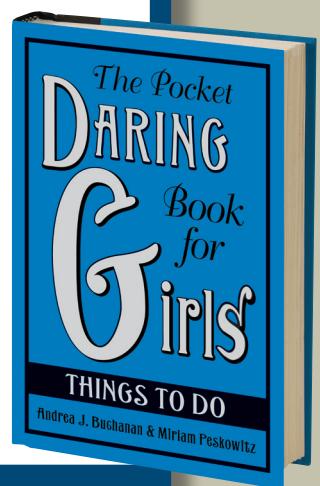
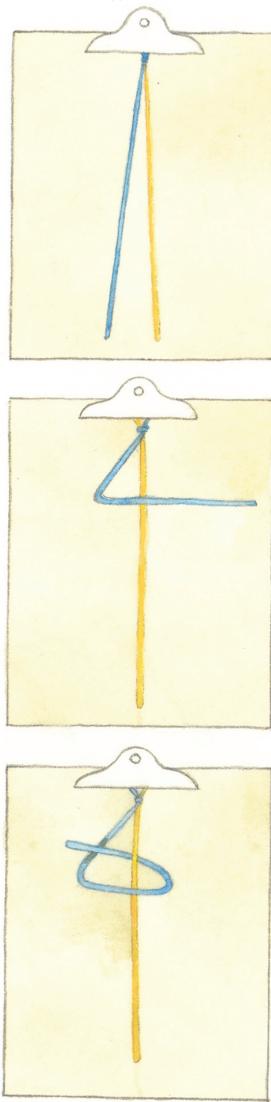
Friendship Bracelets

From the book *The Pocket Daring Book for Girls* © 2008 by Andrea J. Buchanan & Miriam Peskowitz.
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FRIENDSHIP BRACELETS can be very simple or extremely intricate, but at heart they're just colorful embroidery floss woven into lovely patterns, to be given to dear friends. Originally part of Native American life, particularly in Central America, these handwoven bracelets became popular in the United States in the 1970s—and not just for girls. President Bill Clinton sported one in the first televised interview of his post-presidential years.

The slender **Snake Around the Pole** is the easiest friendship bracelet to make.

1. Cut two strands from different colors of embroidery floss, using a bit less than one yard.
2. Hold the two strands together. Tie a knot at one end, leaving 2 inches above the knot. Use a safety pin to attach it to your pants or the arm of a sofa (if you do that, make sure your parents won't mind a tiny hole). Some people use tape, but it can come off and mess up the pattern. You can also use a clipboard, putting the knot just under the clamp **A**.
3. Separate the two strands. Take the left and cross it on top of the right, making the shape of a number 4 **B**. Then loop the left strand under the right and bring it through the opening created by the "4" shape **C**.
4. This forms a knot that you will pull tight by sliding it toward the big knot at the top. Repeat this with the same string for as long as you want this color. When you're ready to change colors, just take the right-hand strand and move it to the left.
5. With this new left-hand strand of the second color, repeat steps 3 and 4 until you're ready to switch colors again, or until you're done with the bracelet.
6. Finish with another big knot, and leave enough room to tie the bracelet around your friend's wrist.

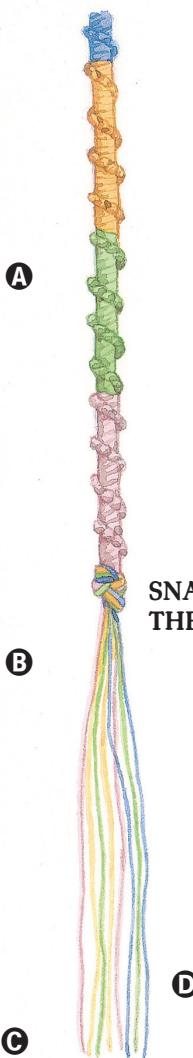
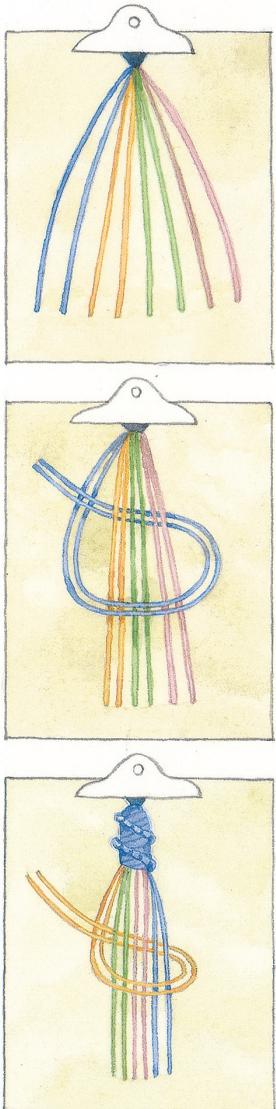


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Friendship Bracelets (cont.)

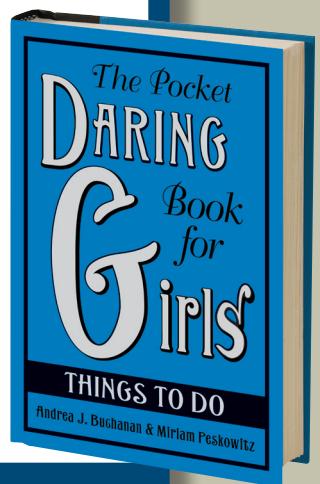
For a heftier and more colorful Snake Around the Pole, use four colors, with two strands of each color. Knot the strands together, and attach to a hard surface. Follow the directions for the first Snake Around the Pole, but twist the knot around seven other strings instead of only one. Tighten each knot by pulling it toward the top. Repeat for as long as you want that color, then switch to the next. Continue until you're done. Knot to finish.



SNAKE AROUND
THE POLE 2

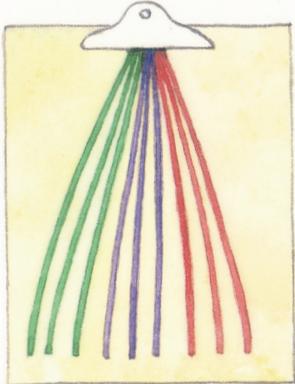
The flatter, wider Candy Stripe is a different kind of knot bracelet. With the string on the left, you'll tie a knot around each strand one at a time, moving to the right. All this knotting can be a bit tedious—which shows your true devotion to the friend who gets the bracelet! Once you get the hang of it, though, you can knot a friendship bracelet practically without looking.

1. Cut three strands each of three colors, about one yard long. Tie a knot at the top, leaving two inches above the knot. Attach the strands to a hard surface, like a clipboard, or use a safety pin to attach it to your pants. Separate the strands by color **A**.
2. Start with the leftmost strand and make the "4" shape over top of the strand directly to its right. Bring the left strand back through the opening created by the "4" shape, and slide it to the top, pulling the knot tight **B**. Repeat for each of the other strands, moving left to right, always using the leftmost strand to make the knot. When all eight knots are done, the strand will be at the far right, where it should stay.

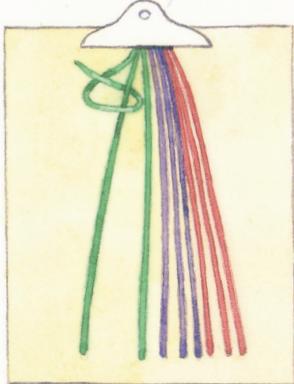


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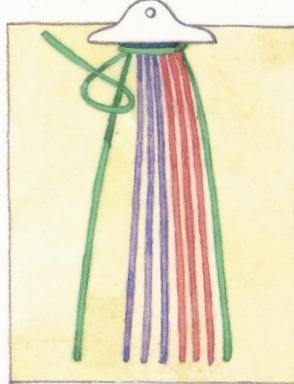
Friendship Bracelets (cont.)



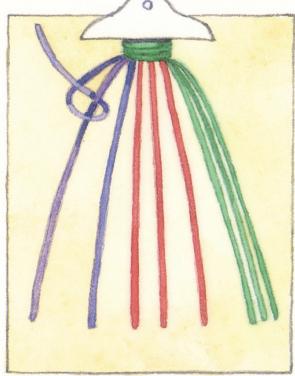
A



B



C



D



E

3. Take the strand that is now the leftmost **C**, and start knotting across the strands, as in step 2. As before, when it reaches the far right, let it rest, and allow the new leftmost strand to make a new row of knots **D**. The key to success is to make sure you make all the knots very tight, and push each finished row tightly to the top.
4. Repeat the process until you are done **E**. Leave room at the end, tie a knot, and then fasten it with care onto a friend's ankle or wrist.

