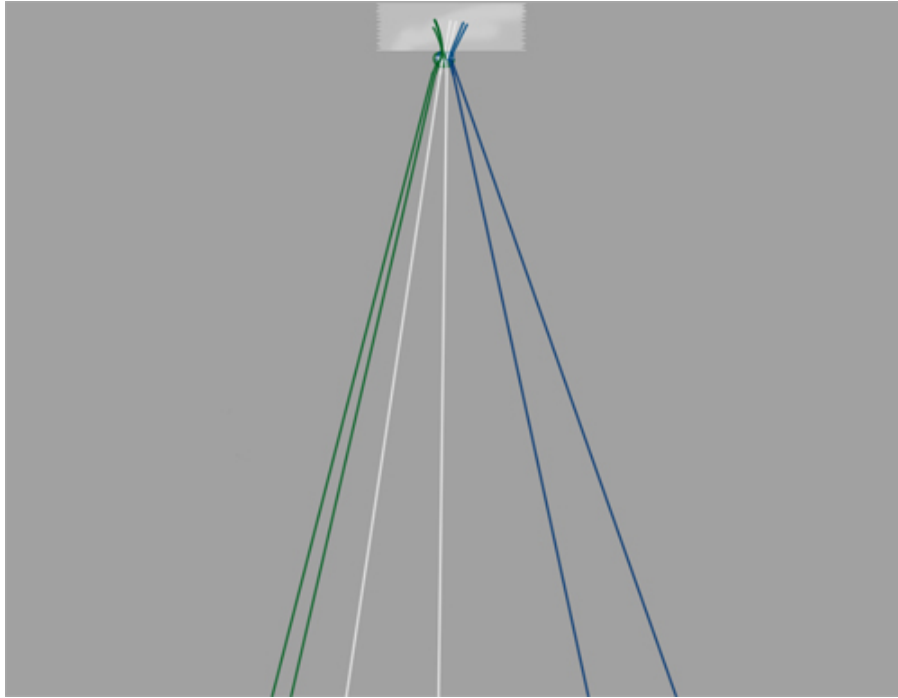


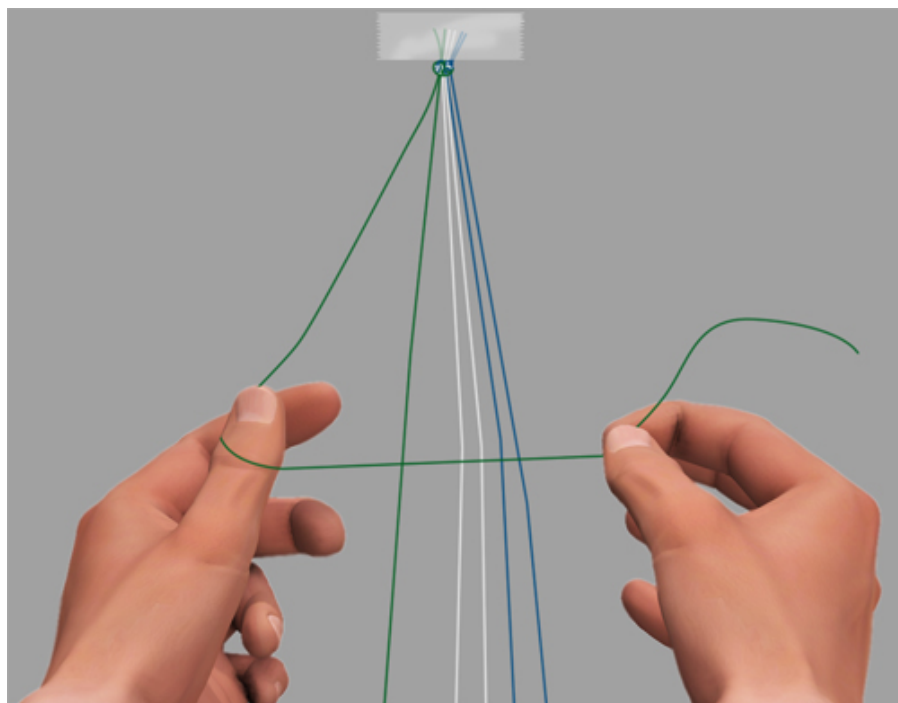
# Instructions for Friendship Bracelets

## Basic Bracelet

**Step 1.** Six strands of embroidery floss, tied in a knot at the top with the strands hanging down. The strands will need to be three different colors or distinct shades, in groups of two (ie. Two green, then two white, then two blue).

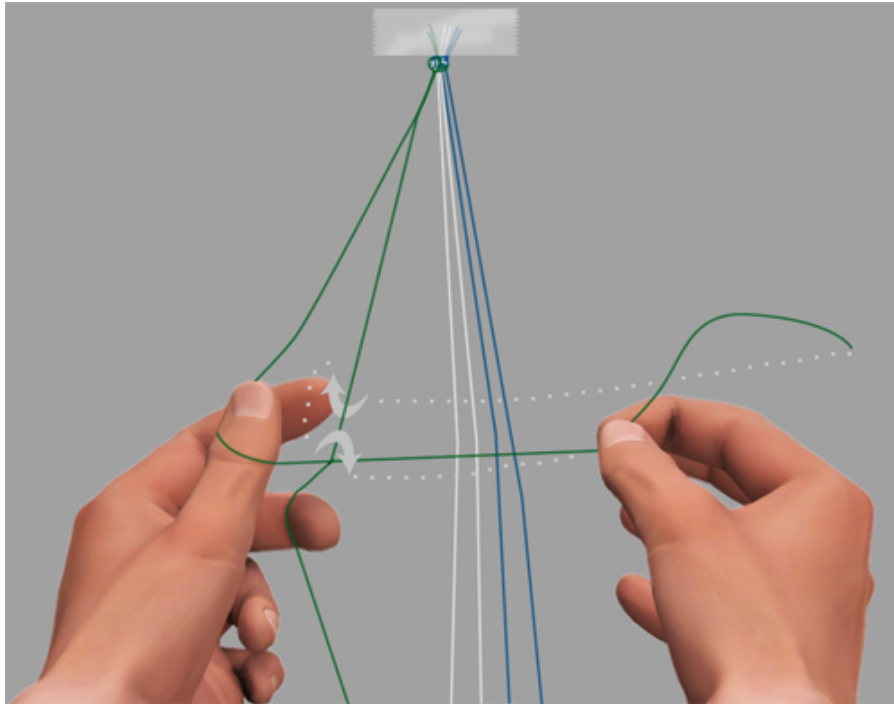


**Step 2. Starting the first knot** - The first strand is held in the right hand and looped over the left thumb.

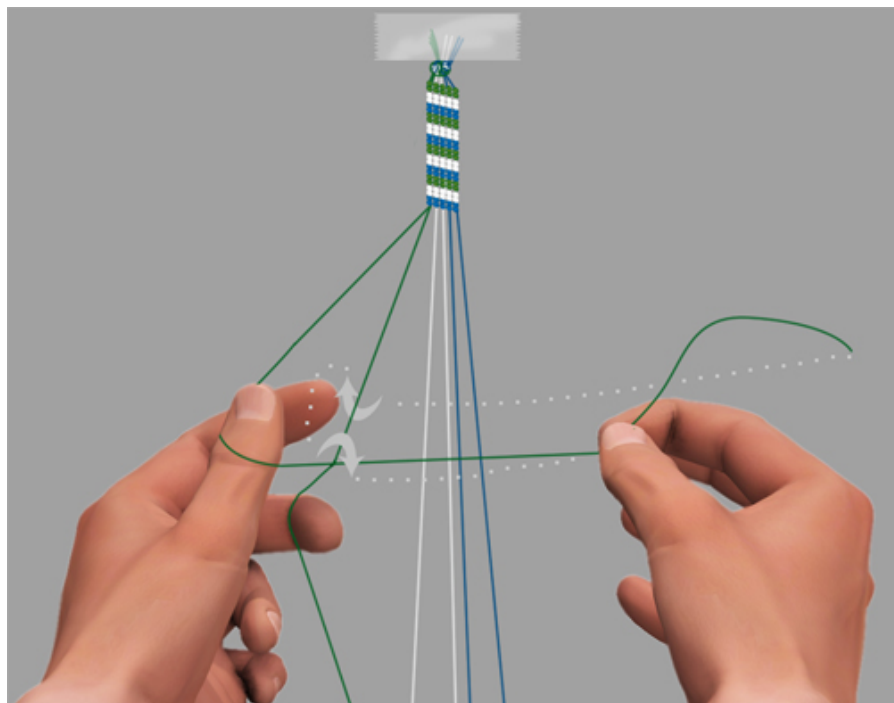


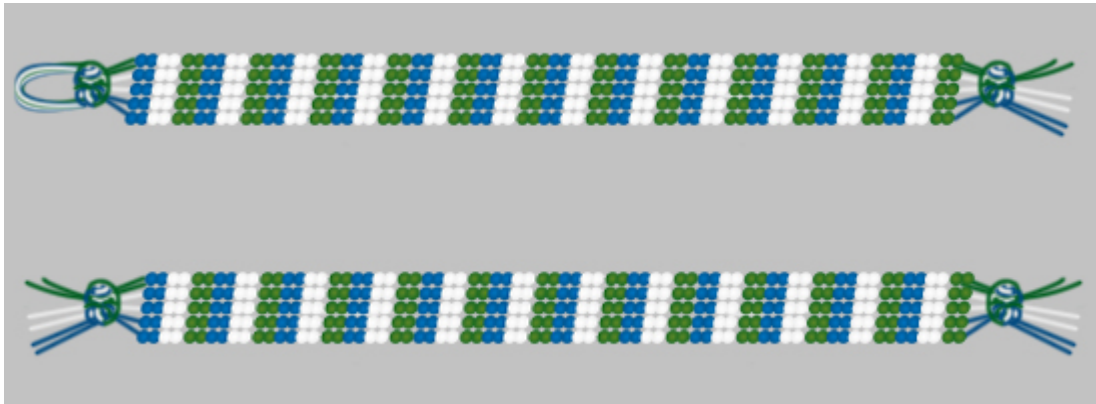
**Step 3. Tying a knot** - Grab the second strand with the fingers of the left hand, and with the right hand push the first strand underneath and through the loop. (It ends up looking like a number 4, with the horizontal line going under and through the loop in the 4.)

Pull the first strand straight up to the top to make a knot. Tie two knots on each strand in this manner, then start over again with the strand on the left.



Partially finished. - Continue knotting rows to see the striped pattern emerge.

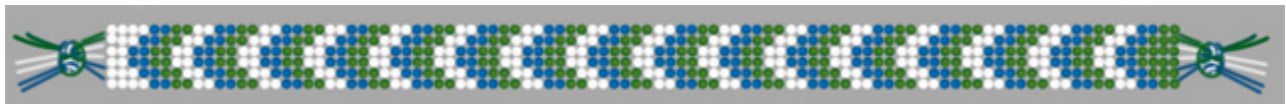




## Instructions for Chevron Friendship Bracelet

1. Use an even number of strands, varying colors for contrast.
2. Arrange the colors in the following format: ABCD DCBA, and tie them together at the top.
3. Begin tying the bracelet as usual until you get to the middle - then, working from the right to the left, tie the bracelet "backwards" to the middle.
4. Tie the center strands together and then begin again with the next row.

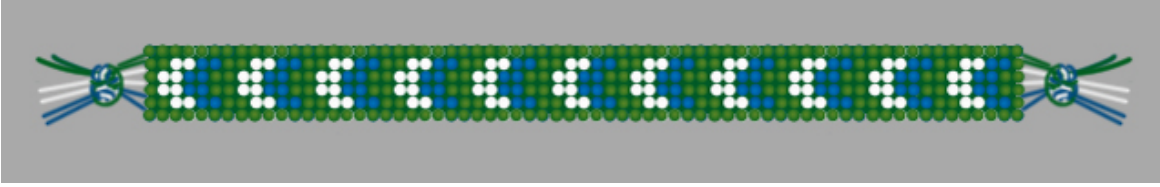
### Finished bracelet



## Instructions for Bordered Chevron Friendship Bracelet

1. Arrange and tie strands as you would for a Chevron bracelet, with the border color as the outer threads.
2. Starting on the left, tie one forward and one backward knot onto the second strand.
3. Repeat on the right side.
4. Then, continue tying as with a regular Chevron pattern but leave the border colors on the outside.
5. Do a forward and backward knot with the border color for each row until the bracelet is complete.

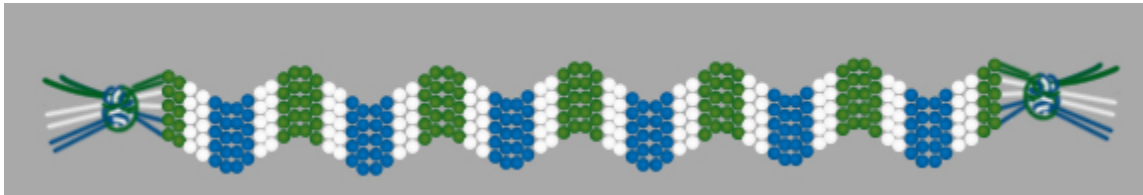
## Finished bracelet



## Instructions for Zig Zag Friendship Bracelet

1. Align your strands by color, for example AABBC.
2. Working from left to right, tie knots as you would for a basic bracelet, using only one knot per strand instead of two.
3. When you get to the sixth strand, tie a regular knot followed by a backwards knot.
4. Working now from right to left, continue until you cycle through the colors again.
5. Tie another backwards knot and then go back from left to right.
6. Continue until the bracelet is long enough.

## Finished bracelet



## Instructions for Heart Friendship Bracelet

1. Use four strands each of two contrasting colors; arrange them in an ABAB BABA pattern.
2. Tie the first two rows as you would for the Chevron pattern.
3. Make a forward knot with the strand on the far right, and a backward knot with the strand on the far left. The arrangement should now be BAAB BAAB.
4. Leaving the outermost strands aside, tie the next row (starting with A colors on either side) in a Chevron line.
5. Tie the second strand on the right in a backward knot under the outside strand. Repeat this with the second strand on the left, tying a forward knot over the outside strand. Color arrangement is now ABBA ABBA.
6. Repeat step four, but this time the opposite color will be left aside. The strand pattern is now ABAB BABA.
7. Repeat steps 2 to 5 as many times as necessary to finish the bracelet.

## Finished bracelet

