#NCSconnects Virtual Activity

Activity: DIY Heart Friendship Bracelet

Category: Arts & Crafts

Suggested Grade Level: Grades 7-12

Description: Make heart bracelets for yourself, family, and friends. This bracelet symbolizes close friendship and love.

Supplies:
- Two (2) colors of embroidery floss
- Scissors
- Tape or clipboard

Instructions:
1. Cut four strands of each color, about 30 inches each, for a total of eight strands. Alternate the thread colors before tying them together in a knot. Remember to leave at least 3 inches of slack. Tape the knot to a flat working surface or clip onto a clipboard.
2. Separate the threads into two sets: two of each color on each side. Arrange the strands in an alternating, mirror-image pattern with the outside threads matching and so on moving inwards.
3. Make a Normal Row: Start on the left side with the outermost strand (shown in red) and make a forward knot by creating a 4-shape over the second strand (shown in blue). Loop it under and back through the opening.
4. Pull up and to the right to tighten. Make the same knot twice every time.
5. Continue knotting over each color, towards the right, until the outermost color has carried over to the middle.
6. Pick up the outermost strand on the right side (shown in red) and make a backward knot, creating a reverse 4-shape over the second to last strand (shown in blue). Loop it under and back through the opening. Pull up and to the left to tighten. Knot twice.
7. Continue knotting towards the left until the outermost strand reaches the middle. Tie a backwards knot with the two middle strands to connect the two halves. Always knot twice.
8. Continue onto a second row using the same method, following steps 3-7.
9. Make a Special Row: Start on the left side, take the second outermost strand (shown in blue) and make a backwards knot over the outermost strand (shown in red). Knot twice. Leave the blue strand on the top left.
10. Repeat on the right side: Take the second to last strand (shown in blue) and make a forward knot over the outermost strand. Knot twice. Leave the blue strand on the top right.
11. Working on the left side: Take the second outermost strand (shown in red) and make forward knots over each strand until it reaches the middle.
12. Working on the right side: Take the second outermost strand and make backward knots over each strand until it reaches the middle. Tie a backwards knot with the two middle strands to connect the two halves. Knot twice.
13. Repeat this Special Row again for the fourth row. Follow steps 9-12.
15. Knot another Normal Row and then two Special Rows to form another heart.
16. The pattern should be: two normal, two special, two normal, two special.
17. Keep going until the bracelet is long enough to fit around the wrist. Finish the bracelet with a big knot and trim the end.

Takeaways: “A true friend is the greatest of all blessings.” It is imperative to honor and appreciate your closest friends and family. A friendship bracelet is a unique and special present to give to those close to your heart. This bracelet is distinctive, exceptional, and will forever remain a treasure to those who receive it.