

## Making a Friendship Bracelet



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PSYCHOLOGICAL TRAUMA CONSULTANCY

## Who is there for me?

Sometimes it feels like there aren't any people who care, or that there are not enough people to talk to. It can be a good idea to remind yourself who these people are by making your own friendship bracelet.

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To make friendship bracelets, you'll need:

- pearl cotton or embroidery floss – 7 strands
- old cereal box
- a pen
- scissors
- a cup (or other object to trace a circle)

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- Trace a circle on the cereal box and mark a dot in the middle of the circle. It does not need to be perfect.
- Cut out the circle and poke a hole through the centre of the circle with your pen, where you made a mark.
- Cut 8, evenly spaced, slits around the circle.



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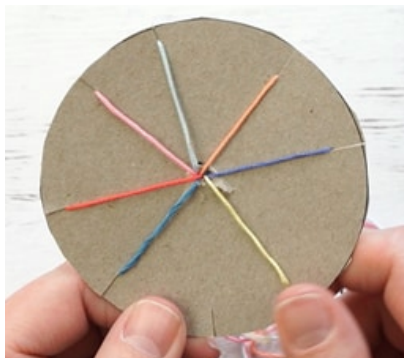
- Cut 7 pieces of embroidery floss about the length from your hand to your shoulder.
- Line up the ends of the floss and tie a double knot.
- Thread the strands through the back of the hole. Make sure the knot stays on the back side.



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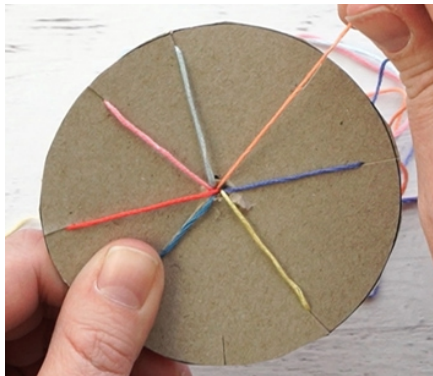
Thread each of the strands through the slits on the front. One slit will be empty. Always keep the empty slit on the bottom of the circle while you work.



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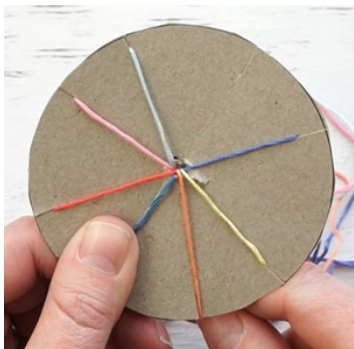
Count to the right, 3 strands. Remove the strand from that slit.



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Put the strand in the empty slit at the bottom. This creates a new empty slit. Now turn the circle so that empty slit is at the bottom. Continue with this action over and over.



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The bracelet will start to form on the other side of the cardboard. Once it is long enough, remove the bracelet from the circle.



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Tie a knot in the loose end, as close to the bracelet as possible.  
Trim the excess thread, leaving about 2 inches.



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