

# Friendship Bracelets - Crafts



Connect*ABILITY.ca*

## WHAT MAKES IT MEANINGFUL

Making a bracelet for yourself or a friend helps you show kindness and connection. It also lets you practice fine motor skills and creativity. It feels good to make something by hand and even better to give it to someone you care about!



# Friendship Bracelets

## TIME

30 - 45 minutes

## MATERIALS

- Embroidery thread, yarn, or string
- Tape or clipboard to hold it in place
- Scissors
- Optional: beads

## INSTRUCTIONS

- Gather all your materials in a comfortable spot where you can sit.
- Pick 2 or 3 colours of thread — any colours you'd like! (each thread should be the same type of material — yarn, string, embroidery floss etc.).
- Cut 2–3 strands of thread, each a colour, and all the same length (about the length of your arm).
- Tie a knot at the top and tape it down to a table or use a clipboard to hold it.
- Braid or twist the threads together. Ask for help if you're unsure how to do it — even a simple twist looks great!
- Tie it off and wear it or give it to someone as a gift to show your appreciation for them

# Friendship Bracelets

## **SUPPORTS NEEDED**

Support may vary depending on the individual's needs.