

# Friendship Bracelet Exchange

## Crafts



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### WHAT MAKES IT MEANINGFUL

Friendship bracelet exchanges allow participants to express creativity while strengthening social connections and teamwork. This activity promotes fine motor skills, pattern recognition, and planning as participants choose colours and designs. Giving and receiving bracelets encourages empathy, kindness, and appreciation for others, creating tangible symbols of friendship and community. Sharing the process fosters social interaction, conversation, and pride in a self-made gift.

### TIME

- 30-60 minutes

### MATERIALS

- Embroidery floss, yarn, or string in various colours
- Scissors (safety scissors if needed)
- Tape or clipboard to hold strings while braiding
- Beads or charms (optional)
- Small bags or envelopes for exchanging bracelets



# Activity Title

## INSTRUCTIONS

1. Provide materials at a central table or individual stations.
2. Demonstrate basic braiding or knotting techniques for bracelets.
3. Encourage participants to:
  - Choose colours and patterns for their bracelets
  - Braid or knot the string to create a bracelet
  - Add beads or charms if desired
  - Exchange bracelets with peers and share kind words or messages

## RESOURCES

- <https://sdgs.scout.org/activity-type/friendship-bracelet-exchange>

## SUPPORTS NEEDED

- Assistance with braiding, knotting, or cutting for participants with fine motor challenges
- Step-by-step visual instructions or demonstrations
- Encouragement and positive reinforcement during the crafting process
- Help with exchanging bracelets and facilitating social interaction
- Supervision to ensure safe use of scissors and beads

## OTHER THINGS TO NOTE

- Can be adapted for individual or small-group creation.
- Can tie into themes such as colours representing feelings, holidays, or personal traits.
- Flexibility is key: some participants may focus on simple designs, others may enjoy complex patterns.
- Completed bracelets serve as keepsakes and reminders of friendships and connections.
- Encourages reflection on giving, gratitude, and the value of positive social relationships.