

How to Make a Friendship Bracelet – see accompanying [How-to video HERE](#)

Materials:

- Embroidery Thread
- Scissors
- Safety Pin
- Heavy Cushion

Step 1 – Measuring your threads.

- In the [video](#), we use 4 colours, but you can use as few as 3, or more.
- Measure each colour of thread from your fingertips to your shoulder and back again to your fingertips.

Step 2 – Setting up your bracelet.

- With all the threads held together, fold them in half and tie a knot at the folded end to make a loop of 1-2centimetres – you want to be able to fit at least one finger comfortably through this loop.
- Thread the safety pin through the loop and pin it to the heavy cushion.
- You should now have two threads of each colour facing you.
- Group the same colour threads together and place them in the order you want your stripes to appear, left to right.

Step 3 – Making your knots.

- Each knot is actually made of two knots to create the bump you see on a friendship bracelet.
- This pattern only utilises a knot called the *forward knot*.
- To make a *forward knot*, pick up the colour furthest to the left and tie a right-handed knot around the colour immediately to the right of it, and then tie the same knot again around the same thread.

Step 4 – Making your rows/sequences/pattern

- Using the first colour, complete a row of forward knots.
 - If you are using 4 colours, you will be making 3 forward knots across your row.
- When you finish the first row, the colour thread that was on the far left will now be on the far right.
- To make the second row, pick up the new furthest left colour and make a series of forward knots across the remaining colours.
- Continue making these rows until you can wrap your bracelet around your wrist with a few centimetres to spare.

Step 5 – Finishing your bracelet

- Split the remaining threads into two and plait and knot them.
- Cut off the excess thread.
- Unpin the finished bracelet from the heavy cushion.
- Find a friend and tie their new friendship bracelet on by passing one plait through the loop and tying it to the other plait.
 - This can of course be done even in COVID-19 isolation by writing a letter or card to your friend and enclosing the friendship bracelet.
- A wonderful sign and reminder of your shared friendship!
- No need to ever take it off and it should last for months.

Want to make more complicated bracelets? Follow this link to learn the other 3 knots used in friendship bracelet making:

<https://friendship-bracelets.net/tutorials/66>

This website also offers a plethora of different patterns from beginner to advanced:

<https://friendship-bracelets.net/patterns>