

Little Bird SOS



Friendship Bracelet

In this pack you will find the following:

- Set of instructions
- Circular braiding loom
- Assorted wool

You will need to provide the following:

- Scissors
- Ruler
- Patience!

Instructions

1.



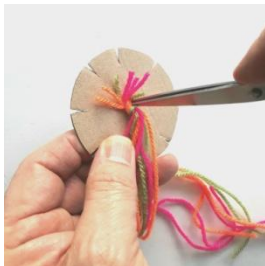
Take the circular braiding loom enclosed in this box. It has a hole in the centre and 8 slots cut around the edge.

2.



Take 7 strands of yarn, approx 40 - 50 cms (about the distance from your elbow to the end of your fingers) from long, and tie them together at one end.

3.



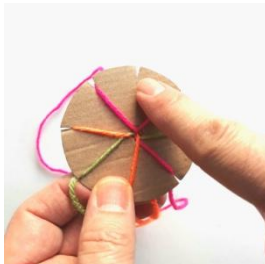
Push the knot through the centre hole of the braiding loom using blunt scissors or similar.

4.



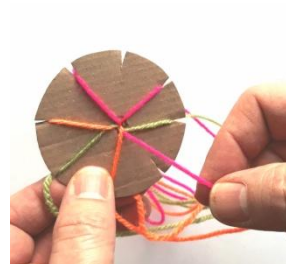
Slot the long strands into each of the slots around the outside edge of the braiding loom.

5.



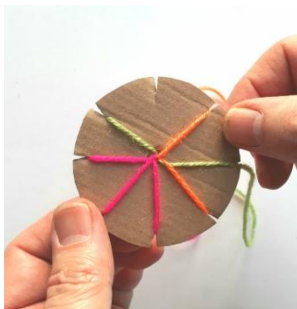
You will notice that there is an empty slot, position this uppermost at 12 o'clock

6.



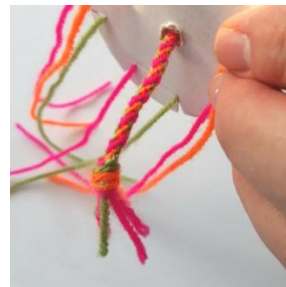
Next, count down to the 3rd slot on the right. Remove this strand and slot into the empty slot at the top.

7.



Rotate the braiding loom so that the empty slot is in the 12 o'clock position again.

8.



Repeat step 6 - 7 over and over. Eventually, you will notice the braid forming beneath the loom. Give it a gentle tug every now and then. Continue until it is long enough to fit around your wrist

9.



To finish, remove all the strands from around the edge of the loom and pull them from the centre of the braiding loom

10.



Tie a knot at the end you have removed



Congratulations, you have completed your friendship braid. Tie ends together to finish!

The repetitive nature of this weaving process is quite meditative, and, like many similar crafts, promotes relaxed concentration and inner focus. Try experimenting with different coloured strands for your next one.