



THE Sisters 8



Make a Sisters 8 Friendship Bracelet

You and your friends can create a batch of special Sisters 8 friendship bracelets.

Materials

- Colored embroidery thread
- Tape

Instructions

To make each bracelet, gather eight (one for each Sister) 24-inch strands of embroidery thread. Hold the strands together with the ends matched up, then tie an overhand knot one inch from an end. (You may need a parent's help with this part.)

Tape the knot to a tabletop (or anchor it in a closed drawer). Holding the free end, twist the bunch repeatedly in the same direction until it is tightly wound.

Pinch the twisted band in the center and fold it in half so that the free end matches up with the knotted end. Release the center, and the band will automatically twist back on itself.

Slip the ends through the loop (the pinch point) at the opposite end of the band, tie a knot to secure the bracelet, knot again, and trim the ends.

