

# Connection Bracelets

Remember the people in your family, friend group or support network and recognize their value with "Connected Tapestry Bracelets" that you can create, wear and give as gifts to every person of importance in your life. Every thread of color woven into the bracelet represents a person who positively contributed to you, your family and your children. When you wear it, you know you are not alone. When members of your support village wear theirs, it's a reminder that they are valued.

## WHAT IS NEEDED

You don't need a lot to make friendship or support network bracelets. All you need is some embroidery floss and something to hold your bracelet while you make the knots. You can purchase an individual kit with all the necessary materials or do it yourself and allow your creativity to flow. Here are the supplies needed if not purchasing a bracelet kit:

- Embroidery floss or string (various colors are available to choose from and can represent each friend or person in your network). 16 strands\*, each 20" (50 cm) long.
- Clipboard, safety pin, or masking tape
- A selected bracelet pattern, like a Chevron bracelet, Candy Stripe bracelet, or Diamond bracelet.
- A pair of scissors

## THERE ARE FOUR BASIC BRACELET KNOTS:

- Forward knot: forward hitch + forward hitch
- Backward knot: backward hitch + backward hitch
- Forward-Backward knot: forward hitch + backward hitch
- Backward-Forward knot: backward hitch + forward hitch

There are design pattern charts that you can follow and use the four basic bracelet knots above to create. While they may seem difficult at first glance, once you understand how to read bracelet patterns and get started, you'll get the hang of it to create design patterns to your liking. The number of strands you need in each color depends on the pattern, but it typically has 16 strands. Once you have everything you need, get together with other people to begin bracelet making. Have fun!



## RESOURCE HOW-TO VIDEOS

Four different techniques to make friendship bracelets: <https://youtu.be/Orn01JeAnQk>  
Three easy beginners friendship bracelets: [https://youtu.be/Y\\_FzuLwCZnk](https://youtu.be/Y_FzuLwCZnk)  
Simple Diamond Friendship Bracelet Tutorial: [https://youtu.be/q5QVv\\_bBQ3M](https://youtu.be/q5QVv_bBQ3M)  
Basic Loops for Bracelets: <https://youtu.be/5AFoA78pVr0>  
Bracelet Patterns: [braceletbook.com/patterns/normal/40884/](https://braceletbook.com/patterns/normal/40884/)  
Bracelet Patterns: [braceletbook.com/patterns/normal/9825/](https://braceletbook.com/patterns/normal/9825/)

Get more connection tools at [CoConnected.org](https://CoConnected.org)

