

## Friends Forever

Friendship bracelets began showing up in the United States in the 1970s. However, tying knots to make decorative bracelets can be traced back to ancient China as well as Arabia. This art form is also sometimes called macrame. The art form was passed on to other places in the world and even became popular with sailors. Tying knots helped them to pass the time while sailing on long journeys. The tradition of weaving to create a bracelet to symbolize friendship began in Central America. They used the same knotting and weaving techniques as the Chinese and Arabians.

Today, people still make friendship bracelets. The bracelets symbolize friendship and the person who receives the bracelet is supposed to wear the bracelet until it frays and falls apart. This shows that the person appreciates the work it took to make the bracelet. Making a friendship bracelet is a really fun activity. Once you learn how to make a friendship bracelet, you won't be able to stop!

If you want to make a friendship bracelet, the steps are pretty easy.

1. Choose five colors of embroidery floss and cut about 24 inches of each color. Embroidery floss comes in many colors and is a thin type of yarn.
2. Pick up the first string and tie a knot on the second string, then third string, then fourth string, and fifth string. The first string is now the last string.
3. Pick up the new first string and repeat.
4. Continue tying knots across the strings. A pattern of stripes will form.
5. When the bracelet is the correct length for your wrist, tie the strings together into a knot at the bottom.
6. Tie the bracelet on your wrist or the wrist of a friend



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