



# The Hero Within



## Friendship Bracelets with

# Missy



**We Can Be Heroes** is about a group of kids who need to save their superhero parents from alien invaders. Luckily, being kids of superheroes means they each have their own unique powers too!

WE CAN BE  
**HEROES**

WATCH NOW, ONLY ON  
**NETFLIX**

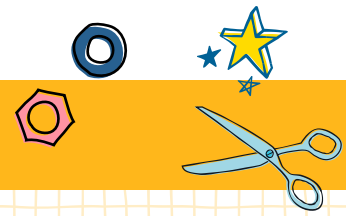
**Missy is the head of the Heroic**

**Kids. She does not possess any "typical" superpowers, but she makes up for it in wit and determination. In the film, she learns her leadership qualities may be the greatest power of them all.**

Inspired by the friendships within our kid hero team, and the bracelets that Missy shares with her dad, we'll teach you how to make your very own friendship bracelets for you and your friends! You'll use materials you have at home like string, scissors, and tape. Make each bracelet unique by choosing colors that fit different personality traits. Create patterns with colors and learn how to make different kinds of knots.

## CHECK OUT THESE 3 FRIENDSHIP BRACELETS!



















# SUPERPOWER COLOR CHART

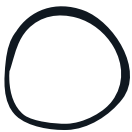
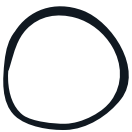
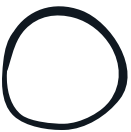
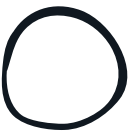
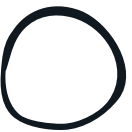
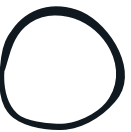
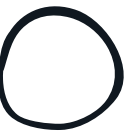
Use the Personality Color Chart when choosing the colors for your friendship bracelets.

## EXAMPLE COLOR CHART - WHAT COLORS MEAN

													
RED Strong	ORANGE Positive	YELLOW Happy	GREEN Kind	BLUE Confident	PURPLE Creative	PINK Loving	WHITE Funny	BLACK Musical	GOLD Brave	ROSE GOLD Cool	SILVER Lucky	CORAL Adventurous	MINT Trustworthy

## Create your own color chart!

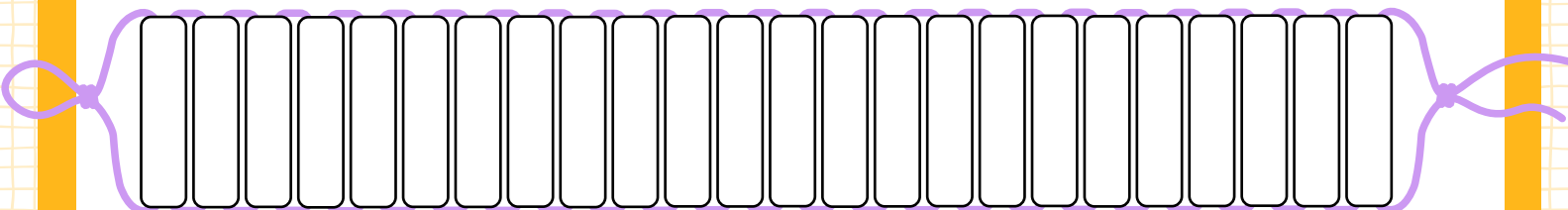
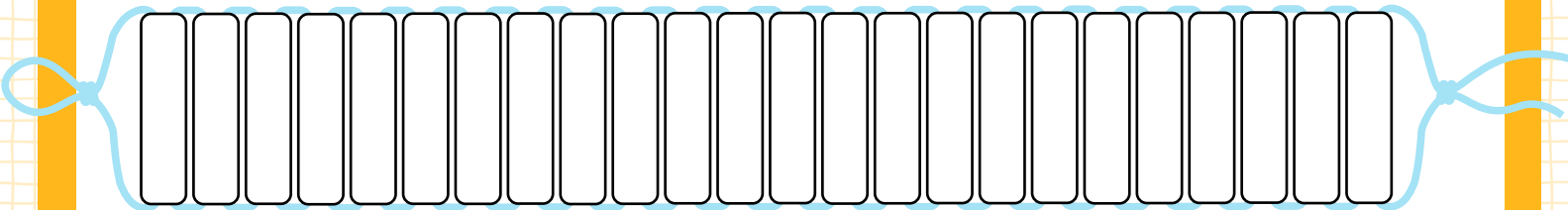
Fill in the blank for which personality trait or superpower best matches each color. There are no right or wrong answers. It's completely up to you!

## BRACELET #2 PATTERN MAKER

Design your own custom patterns for Friendship Bracelet #2

- 1 Choose how many colors you want to use in your pattern.
- 2 Color in the squares of the template to make your pattern.
- 3 Match the paper straw beads to create your own custom design!



## FRIENDSHIP BRACELET #1 - ALTERNATING HALF HITCH



In this activity, you'll use two colors of string and learn how to make half hitch knots.



**\*SAFETY FIRST!**  
Always ask an adult for permission and help.

## Half Hitch Bracelet



## SUPPLIES



## WHAT YOU WILL NEED

- Cord, String, or Embroidery Floss in Various Colors
- Scissors\*
- Tape
- Ruler

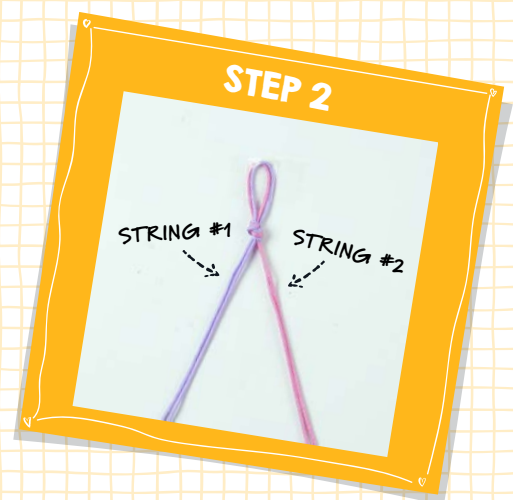
## OPTIONAL

Decorations like charms, bells, beads, or tassels.

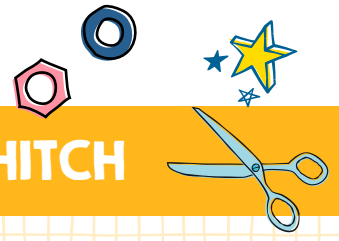
Tip: You can use any string, even shoelaces!

## FOLLOW THESE 8 EASY STEPS!

- 1 Choose two colors of string. Measure and cut a piece of each color that is about 5 feet long.
- 2 Keeping the strings together, fold them in half and make a knot in the middle, creating a loop. Tape the loop to a flat surface like a table.
- 3 Stretch out the string, with one color on the left and one color on the right. Let's call the string on the left String #1 and the string on the right String #2.

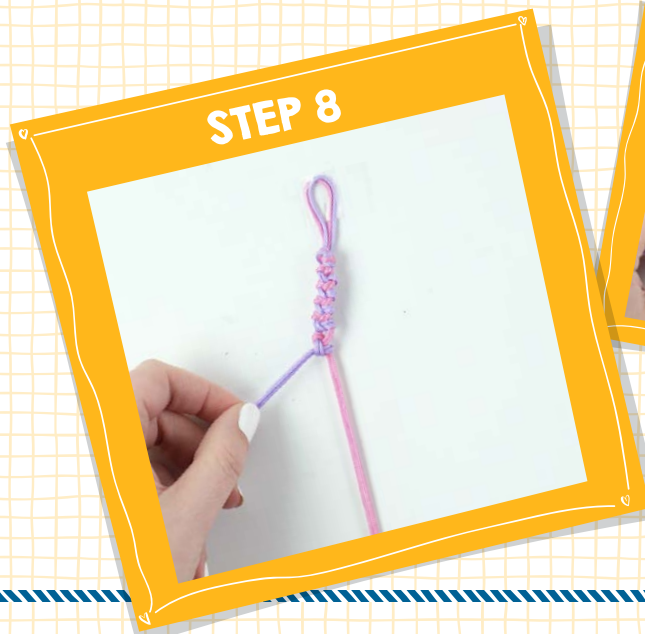
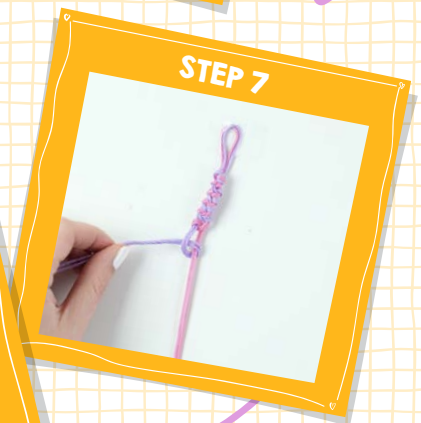
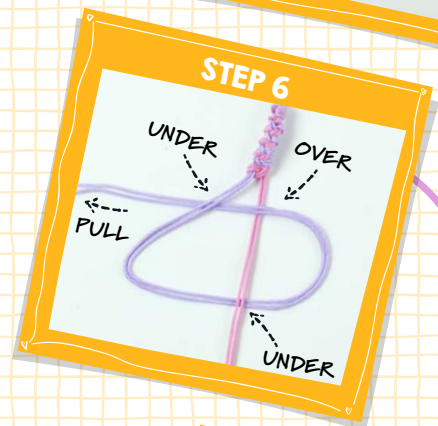
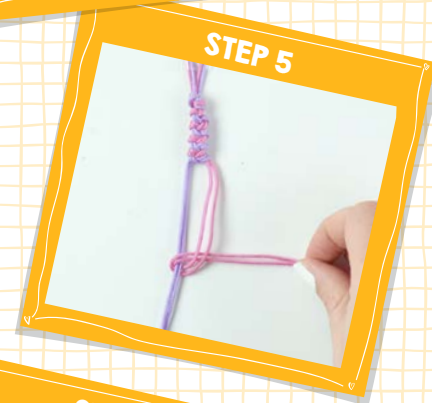
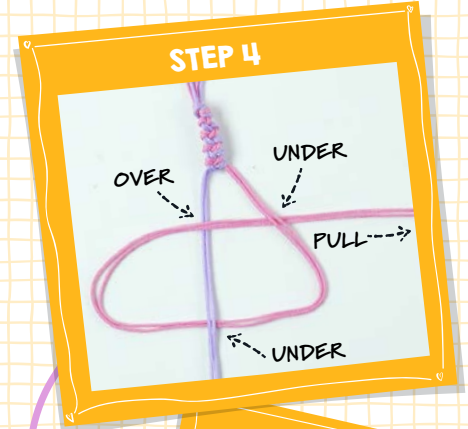


## FRIENDSHIP BRACELET #1 - ALTERNATING HALF HITCH



## HALF HITCH BRACELET (CONTINUED)

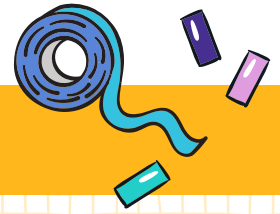
- 4 Tie a half hitch. To do this, keep String #1 straight then, take String #2 and bend it under and over String #1. Then, thread the end to the right under String #2.
- 5 Tighten the half hitch by holding String #1 and pulling String #2 upwards. Keep String #2 on the right hand side.
- 6 Tie a second half hitch. This time, the roles will be reversed. String #2 is the “holding” string, which is kept straight, while String #1 bends around it.
- 7 Tighten the half hitch.
- 8 Keep making more half hitch knots, alternating the string that is the “holding” one until the bracelet is long enough to fit around your wrist. Tie it closed.



BONUS

**Add Charms or Bells!**  
After about every 1 inch of knotted bracelet, thread on a charm or bell and continue adding more knots.

## FRIENDSHIP BRACELET #2 - PAPER STRAW BEADS



**\*SAFETY FIRST!**  
Always ask an adult for permission and help.



Weave together a friendship bracelet made of cord and paper straw beads. Create custom patterns using different colors.

## WHAT YOU WILL NEED

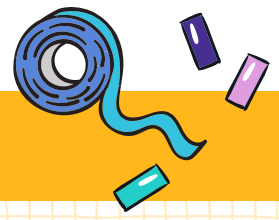
- Cord or String
- Scissors\*
- Tape
- Ruler
- Paper Straws

## OPTIONAL

- Paint & Paint Brush
- Washi Tape

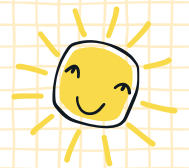
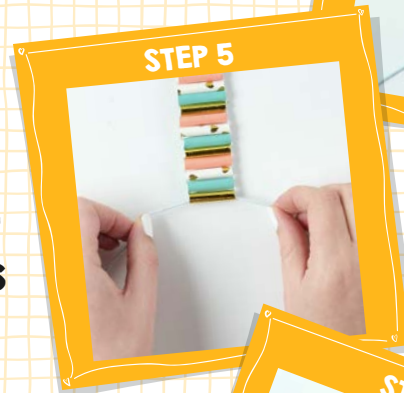
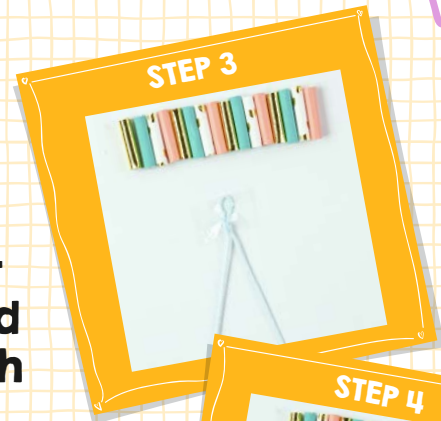


Tip #1: Can't find straws in your favorite colors? Use paint to color the straw beads in custom colors.  
Tip #2: Wrap washi tape around paper straws to add even more fun colors and patterns.



## FOLLOW THESE 7 EASY STEPS!

- 1** To make straw beads, cut paper straws into 1 inch long pieces.
- 2** Arrange the straw beads to create a pattern with the colors.
- 3** Measure and cut a piece of cord that is 6 feet long. Fold the cord in half. At the folded end, make a knot to create a loop. Tape the loop to a flat surface like a table.
- 4** To add the straw beads, thread the left cord to the right through the straw, and thread the right cord to the left through the straw. Pull both ends to tighten the straw bead.
- 5** Add more straw beads until the pattern is long enough to cover your wrist. Tie a knot in the middle of the last straw bead.
- 6** Place the bracelet on your wrist and thread the ends of the cords through the loop. Tie it closed.
- 7** Make more bracelets and gift them to your friends! Try creating different patterns so that no two bracelets are alike.





ADVANCED

## FRIENDSHIP BRACELET #3 - HEART PATTERN



## Heart Pattern Bracelet



## Supplies

**\*SAFETY FIRST!**

Always ask an adult for permission and help.

In this more advanced activity, you'll create a heart patterned friendship bracelet using forward and backward knots.

## WHAT YOU WILL NEED

- Embroidery Floss in various colors
- Scissors\*
- Tape
- Ruler

## FOLLOW THESE 14 STEPS!

1

First, choose two colors of string. Measure and cut two pieces of each color that are about 5 feet long.

2

Fold each string in half and make a knot in the middle to create a loop. Tape it to a flat surface like a table. **Tip: The color of the string on the outside will be the color of the heart.**

3

Separate the strings into two sets, two of each color on each side. Arrange in an alternating, mirror image pattern. **Tip: To keep the strings organized, use pieces of tape to hold each string securely on the flat surface.**

4

Beginning with the left side, make a forward knot using Strings #1 & #2. Tighten the knot by pulling up and to the right. Do this again to make a second knot.

STEP 3

STRING #1

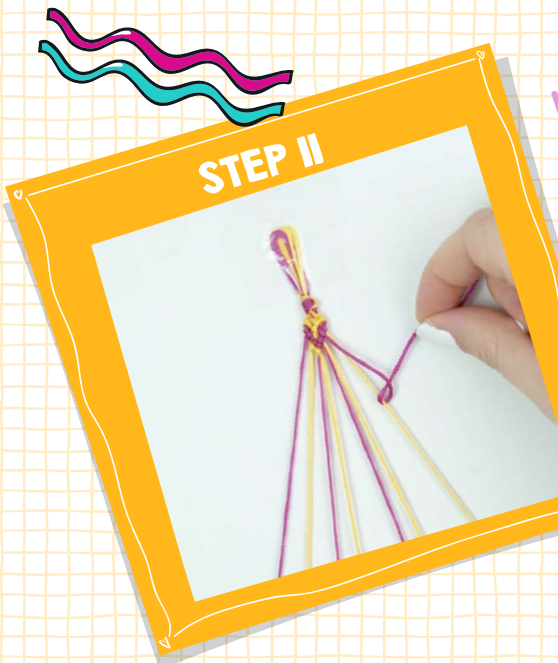
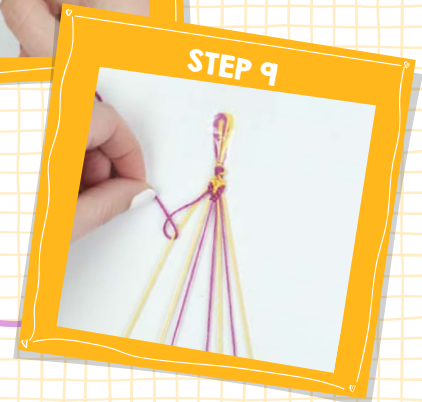
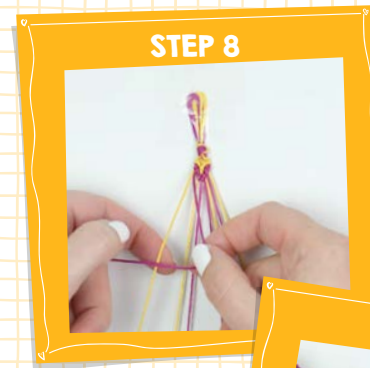
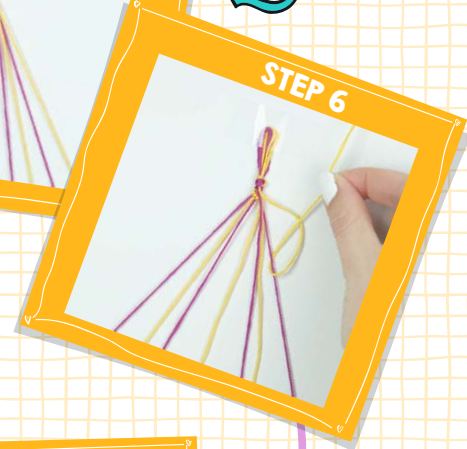
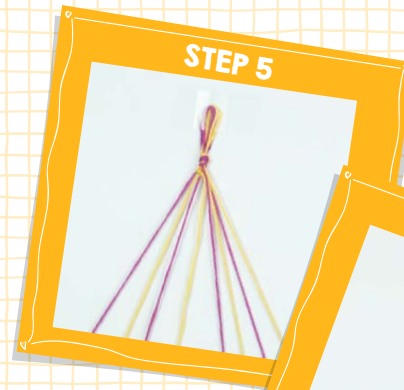
STRING #2

STEP 4

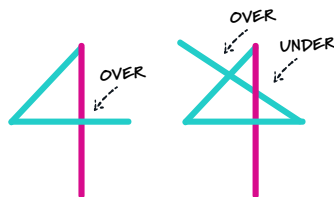


## STEPS (Continued)

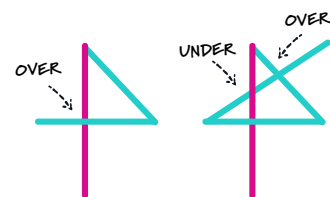
- 5 Keep making knots with String #1 and knotting to the right until String #1 is in the middle and you made a knot with String #4.
- 6 Now, do the same thing but this time working from the right side beginning with String #8 and making backward knots to the middle. Don't forget to knot twice!
- 7 With the two strings in the middle, make two backward knots to connect them.
- 8 Repeat these steps to create a second row of knots. We'll call this a "basic" row.
- 9 Now it's time for a "special" row. Take String #2 and make a backward knot with String #1. Knot it twice and leave String #1 on the left hand side.
- 10 Using String #2, make forward knots over each string until it reaches the middle.
- 11 Then, do the same thing but from the right side to the middle. Take String #7 and make a forward knot with String #8. Knot it twice and leave String #8 on the right hand side.



## FORWARD KNOT



## BACKWARD KNOT



**TIP: Think of the number 4**





## STEPS (continued)

- 12** Complete the row using String #7 and making backward knots over each string until it reaches the middle.
- 13** Repeat these steps again to make a second "special" row. There's a pattern! To make the heart, make two "basic" rows and two "special" rows.
- 14** Keep making knots and adding rows until the bracelet is long enough to fit around your wrist!

### BONUS

What other shapes can you make instead of a heart? Maybe a lightning bolt? A star?

## Basic Rows vs Special



**Basic Row:** Make forward knots with the strings on the left half (working towards the middle) and backward knots with the strings on the right half (working towards the middle).

### Special Row:

With Strings #1, #2, #3, & #4: Make 1 backward knot using String #2 around String #1. Then make forward knots with the rest, working towards the middle. With Strings #5, #6, #7, & #8: Make 1 forward knot using String #7 around String #8. Then, make backward knots with the rest, working towards the middle.



### USING YELLOW AND PINK (as seen in photos)

The knots are colored like this:

**Special Row #1:** 1 pink, 5 x yellow, 1 pink

**Special Row #2:** 1 yellow, 5 x pink, 1 yellow

**Basic Row #1:** 7 x yellow

**Basic Row #2:** 7 x pink

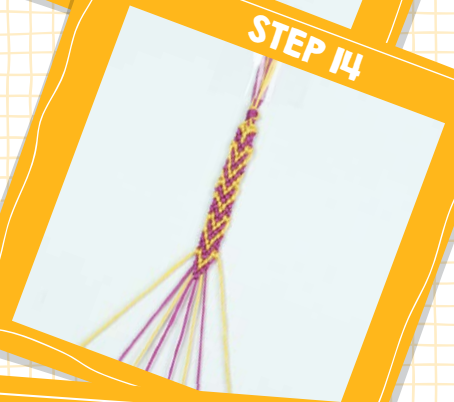
STEP 12



STEP 13



STEP 14



COMPLETED!



CLOSE UP

Basic Rows vs Special



- 1) SPECIAL
- 2) SPECIAL
- 3) BASIC
- 4) BASIC

# STEAM + FUN = ENDLESS POSSIBILITIES



## The Science Behind the DIYs

### What does it mean to feel connected?

Feeling connected means feeling close with someone who cares about us. Studies have shown that connecting with others is good for our moods, and even our physical health.

Connecting with others is also important to be a great leader. Social skills allow us to utilize the abilities of those around us. If we're connected with one another on a team, each of us will work to complement the strengths and weaknesses of others.

### What is color theory?

Color is an important part of design. A color can make one person feel happy but make another person feel a completely different emotion. It's subjective and also a very powerful tool. There are three basic categories of color theory: the color wheel, color harmony, and how color behaves relative to other colors and shapes.

