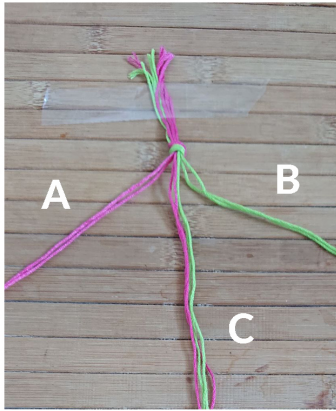


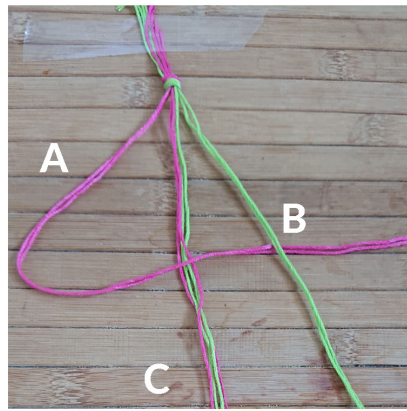
Lowie

Friendship Bracelets

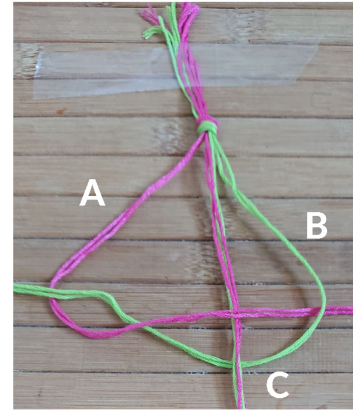
Square Knot Bracelet



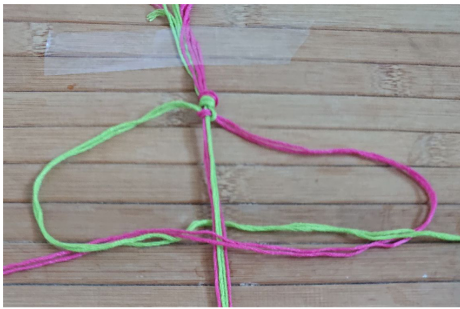
1. First step is to cut your pieces of embroidery thread to approx 50cm (an arms length). Tie a knot in the end and secure end with a piece of tape.



2. Separate your threads so there are 4 strands in the middle (C) and 2 strands either side (A and B). Lay thread A over strand C and B over the top of strand A.



3. Loop thread B under C and through the loop created by thread A. Pull threads A and B until you create a knot shaped like a T (called square knot).



4. Repeat this knot on the other side. (on right side)



5. It should look like this! Repeat step 3 and 4 until you nearly run out of thread.



6. The bracelet should end up looking a bit like this. I continued the square knot with some of the strands from the middle section C to lengthen the pattern, which is optional. To finish tie a knot at the end and trim end strands so they're a similar length.

Spiral Bracelet



1. Separate threads exactly the same as the square knot bracelet and tie first square knot.



2. Instead of repeating the square knot on the other side repeat the square knot on the same side you started on.



3. Continue repeating the square knot on the left side until desired length or until you nearly run out of thread.



4. To finish, simply tie knot in threads that are left and your bracelet should look something like this!