

MEDICINE WHEEL

MATERIALS



To make your very own medicine wheel, take a moment to gather the tools and materials you will need to complete this project:

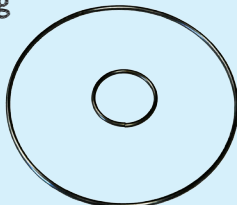
Hot Glue Gun

(not included)



Metal Rings

1 - 7 inch ring
1 - 2 inch ring



Lace

1 x 35 inches
1 x 120 inches
4 x 17 inches



Clip



Scissors / Leather Shears

(not included)



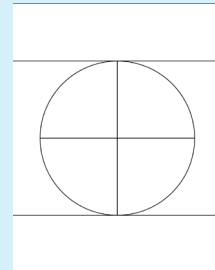
Elastic String

4 x 15 inches



Target Paper

1 target



Beads

white x 9
yellow x 13
red x 12
black x 12



Feathers

12 x feathers



MEDICINE WHEEL

**START
HERE**

1



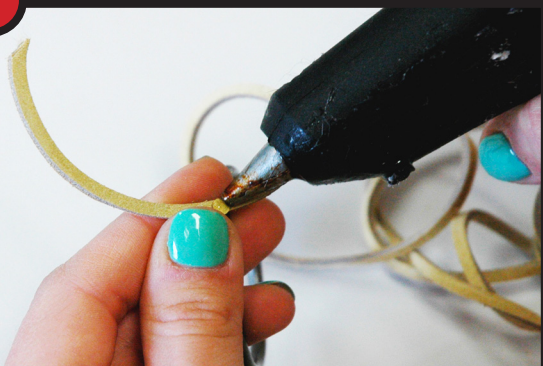
It is important to warm up the glue gun and make sure you have all the supplies organized.

2



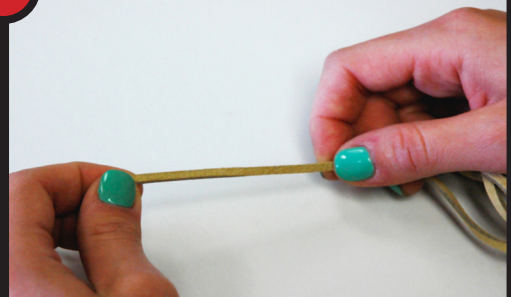
Start with the smaller, 2 inch metal ring. You need to make an anchor point.

4



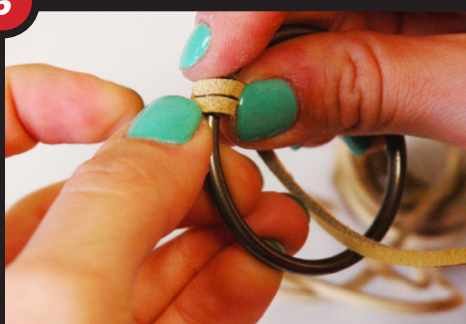
Hold the lace (at the 2 inches point) against the ring and begin to wrap the longer end (not the shorter 2 inches end, but the longer piece below) around the ring and apply glue as you wrap. Make sure you wrap tightly and quickly as the glue cools quickly on the metal.

3



Using the 35 inch leather lace, measure about 2 inches off from one end.

5



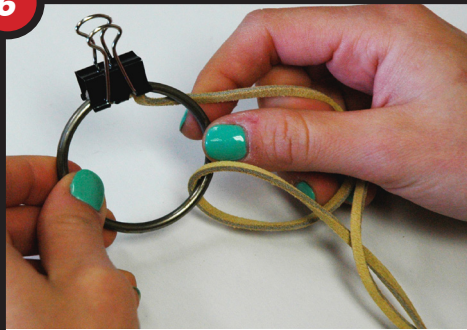
Wrap about 1 inch this way and stop.

**NEXT
PAGE**

MEDICINE WHEEL

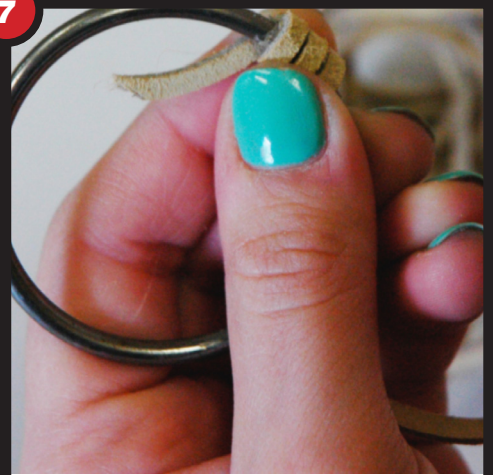
**KEEP
GOING**

6



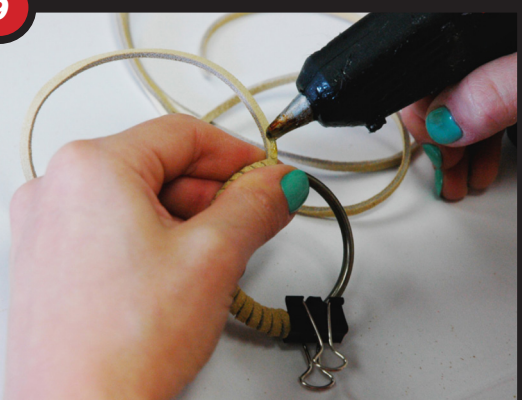
Using the clip, secure what you have wrapped.

7



Now wrap the 2 inch end until it's done (apply small drops of hot glue as you go). This is now your anchor point.

9



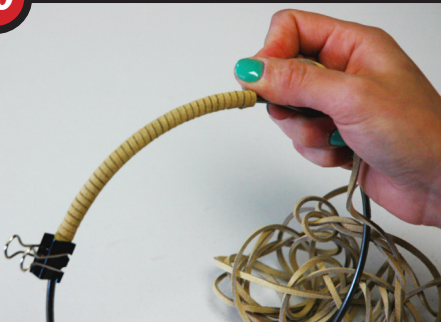
Continue to wrap the lace along the rest of the ring (apply small drops of hot glue as you go).

8



Once the two inches are glued on, remove the clip and place it at the end of the length of lace where you just finished gluing.

10



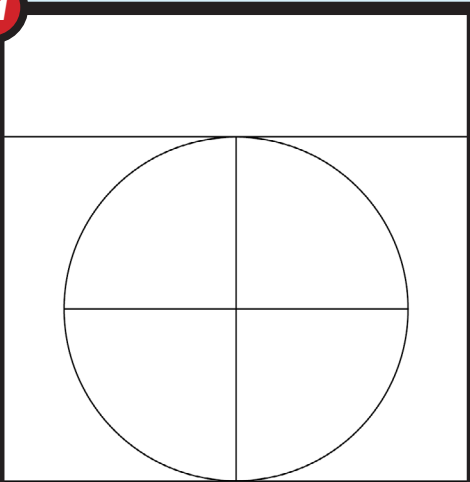
This technique is used for both the 2 inch ring and the 7 inch ring, (use the 120 inch lace strip for the 7 inch ring).

**TURN
PAGE**

MEDICINE WHEEL

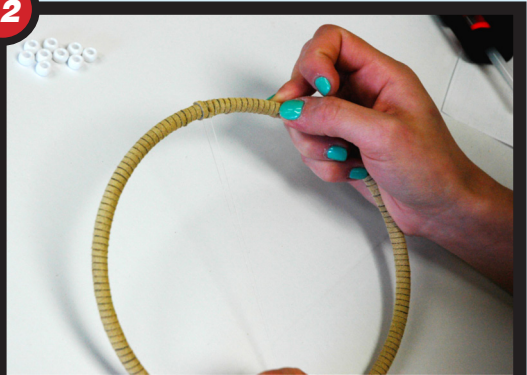
**KEEP
GOING**

11



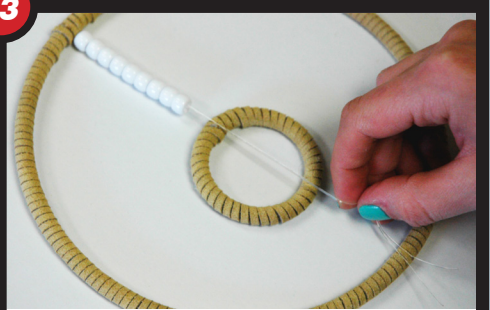
Once the rings are both complete, using the target paper as your guide, put the 2 inch ring in the middle of the circle on the intersection of the 2 lines. Then place the 7 inch ring on the outside of the circle on the target paper.

12



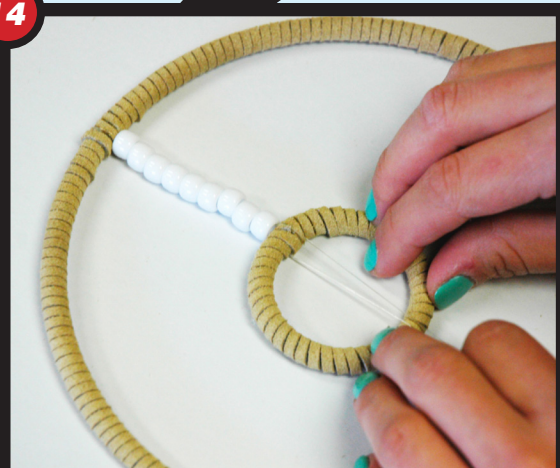
Fold the 15 inch elastic string over the top of the 7 inch ring

13



Slide 9 white beads on the string. Make sure it lines up with the target paper.

14



Tie the bottom half of the elastic string to the 2 inch ring with 2 knots. Make sure it lines up with the target paper.

**TURN
PAGE**

MEDICINE WHEEL

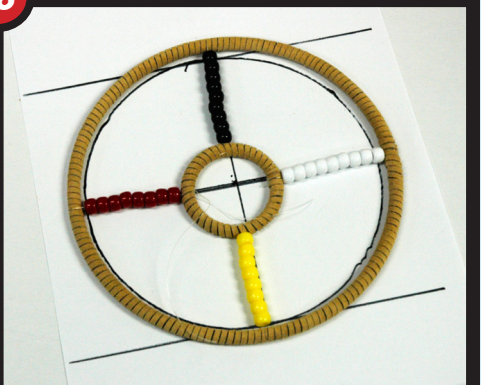
**KEEP
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15



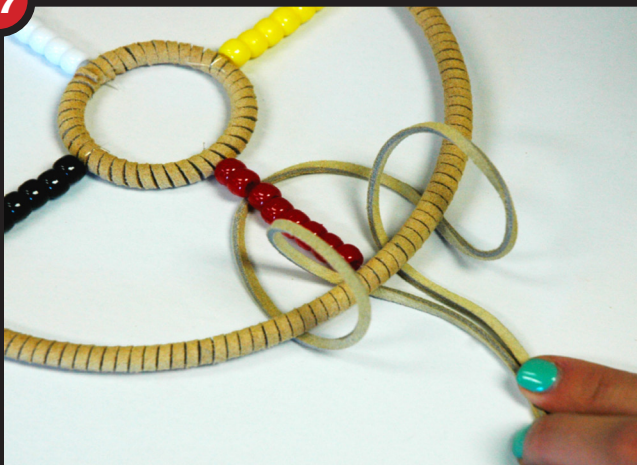
Cut off excess length of elastic string.

16



Repeat this process for all 4 targets. (Remember 2 targets should have 9 beads, and 2 should have 8 beads. They must be opposites. Choose any color of beads you wish).

17



Using the 17 inch lace, tie a knot corresponding with the bottom target.

18



Do the same with the corresponding left and right targets as well.

**TURN
PAGE**

MEDICINE WHEEL

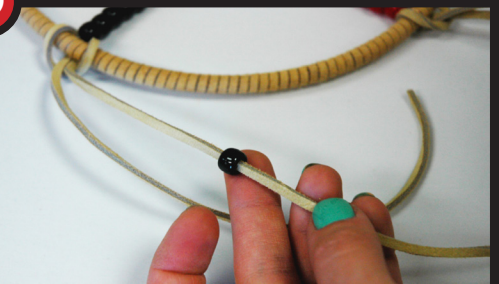
**KEEP
GOING**

19



Tie a strip of lace to the top target and make a knot near the top of the string.

20



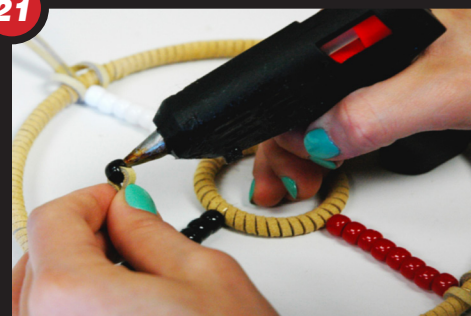
String a bead to the halfway point of one of the strips of lace.

22



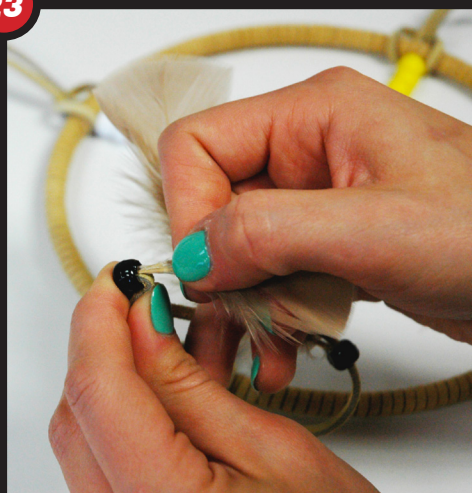
Then quickly slide the quill of the feather inside the bead. The glue hardens quickly, so be fast!

21



Have a feather ready to use. Apply a drop of glue inside the bead.

23



Place a bead at bottom of the lace and repeat step 20, 21 and 22.

**TURN
PAGE**

MEDICINE WHEEL

**KEEP
GOING**

24



Repeat steps 20, 21 and 22 on the other half of the lace strip.

25



Repeat the whole process on the 2 other strips of lace you attached earlier.

26



Now the medicine wheel is complete.

**YOU'RE
DONE**

