

ELASTICATED BRACELETS 1/4



Measure your wrist .
Centimetres or Inches –
which ever you prefer.



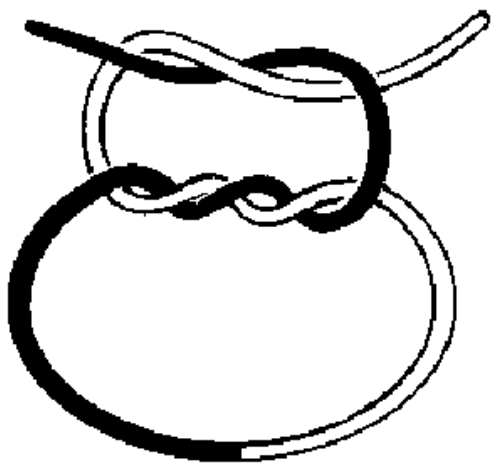
Double the size.
For example – if your wrist
is 7", cut your elastic to 14".
This will give you enough to
string the beads & tie a knot.

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String your beads onto the elastic.

Use a stopper at one end, such as some craft tape, a clothes peg or wonder clip.



For best results, tie the ends with a surgeons knot.

Pull the elastic tight.

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Where possible, pass the tail ends back down through the bead holes and trim off any excess. This will prevent the knot coming loose when stretched.

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Add a little blob of glue or even clear nail varnish to the knot and allow to dry. This will help keep the knot nicely secured.