
Make Friendship Bracelets with Twinkie Chan

Chapter 1 - Make Friendship Bracelets

Overview

(upbeat music) - There's no better way to celebrate your friends than with friendship bracelets. Hi, I'm Twinkie Chan. I'm a fiber artist and one of my fondest memories growing up was making and trading friendship bracelets with my best pals. It's a super easy craft and it's great for all ages. Plus, it's really portable. You can just throw some embroidery floss in your pocket and work on your project wherever you are. I'll teach you how to tie the forward knot and the backward knot. That's all you need to know to make five of the most popular friendship bracelet designs. We'll start with the most basic one, which is the spiral, and then move on to the candy stripe, the chevron, the heart, which is my favorite, and then we'll play with adding letters and names into your designs. I'll also show you four different ways to finish and tie on your bracelets. Whether you've never made a friendship bracelet before, or you just need a quick refresher you're gonna have so much fun discovering just how easy and fun these are to make and to wear.

Materials

- When I'm making friendship bracelets I really only use three materials. Embroidery floss, of course, is very important. I'll be using seven different colors in this class, but if you're just starting, and you don't wanna buy a lot of floss, you can really get away with just one skein. But you'll probably wanna mix it up with at least two colors. You'll also need a pair of scissors, and you'll need a way to secure your bracelet to you, or to something while you work. I generally use a safety pin and just safety pin to my jeans. If you don't feel like doing that you can also tape your bracelet to a table or a wall. I'll be using a clipboard for this class. And actually the clipboard is fun for at home too, because you can slide your project up and down really easily, and clip any notes you might have along the way. Optionally, we're gonna talk about some different closures, so you don't need the rest of these things, but you might want some glue. It can either be super glue, tacky glue, or fabric glue. I'll talk about the pros and cons of those when they come up. You might also want a bead. The bead should have a pretty large hole to fit all your embroidery thread through that's in your bracelet. Optionally, some toothpicks. If you want a button closure, you wanna pick some buttons. You don't want them to be too big or too small. Something in the realm of 3/4 inch-ish is probably a good size. And then you'll need a needle which will fit through your buttonhole, but will also be thick enough to carry one strand of embroidery thread. Lastly, you may or may not need some graph paper. If you start getting into designing your own bracelets, it's always good to have some handy, and also a pencil for your designing.

Twist

- The twist is a great place to start if you've never made a friendship bracelet before, it only requires knowing how to tie one knot which is the forward knot. But first let's cut our embroidery thread. You can actually use any number of threads that you want from two to 20. The more strands you use, the thicker your bracelet will be. I'll be using four colors, one strand of each. If you've never worked with embroidery floss before this is DMC, it's really easy to find in most craft stores. And for DMC there's going to be a thicker sort of paper band and a thinner one, and you wanna find the tail that's closer to the thicker one. As you pull out the strand, it's less likely to tangle if you pull from

the side. I always default to about one yard for each strand. For a simple bracelet like this you probably only need about 24 inches but I'd rather have too much than run out. Now I just measure the yard against my own body. You can use a ruler or a yardstick, whatever is easiest. So one yard of each of these colors or however many colors you wanna do. You can also use other brands of embroidery thread. However, rumor has it that this is the most color fast. So if you're gonna wear these forever and ever which I knew you will, and you wash your hands a lot, and take your shower with it, the colors are likely to last a bit longer. You wanna tie these together at the top of your bracelet and you wanna give yourself at least three to four inches of yarn at the top. You just take all of the strands wrap them around your finger and tie them all in a really simple knot. Making sure there's that extra on top. You don't need to pull this too tightly especially if you're going to use a safety pin to pin this to your jeans or to a pillow because you wanna be able to get the safety pin through this knot to secure it. I'll be using this clipboard. So I'm going to lift this up, squish this in. And pick your first color. You can kind of decide what order you want these in. Can split them out. It doesn't matter. This is totally up to what you think is cute. I'm gonna go in roughly rainbow order from my coral, to my pink, to my mustard, to my mint. Take the color you wanna start with first, (indistinct) my coral, and you'll actually hold all the other three in your left hand. If you're right-handed like I am. To make one forward knot, we're gonna call this the working strand. It's the one doing the work. It's the one that you're gonna see the color showing up with when we start striping. To make the forward knot you wanna make a number four. So the coral strand is on top of my other strands, making the number four. And then you want to tuck the tail of the four through this loop coming toward you, and pull on your working strand all the way to the top of your knot. You wanna give it a pretty good tug. You don't have to get super tight but you want it nice and snug against your knot. That's a forward knot. It's super easy. We'll do it again. Make the number four, tuck the tail underneath and through this loop toward you, pull up the working strand. And you wanna use your left hand to sort of hold down. You don't need to pull too hard but you can use both hands to help tighten and secure your forward knot. You'll also notice the forward knot is going to want to travel from left to right, and your knots will start bunching up on the right side here. To avoid bunching and to encourage the spiral. Every time you're knot starts going toward the right, take your strand and pass it underneath the other strands. It'll just help keep your knots going in the correct direction. So I'll keep making my forward knots and we're nice and snug. You wanna make sure that this choral working thread is covering the other non-working strands. You basically just keep making forward knots until your choral Stripe is as long as you want it. And you can have skinny stripes or thick stripes. It's totally up to you. You can see again, that my knot is approaching the right hand side of my bracelets. So I'm gonna pass my working thread underneath, and keep making my forward knots. You'll probably start devising your own way to hold all of these strands while working your forward. I end up using my thumb to make the four and I use my pointer finger to help bring my working strand through the four. When changing colors, sometimes is what bothers me is when I changed the colors this little spiral that's occurring here has a little break in it. And I find that there's not a great solution to this, but if I change my color, when my knot is on the right side, right when I'm about to pass it under, is usually a good time for me to change color and it can tend to mitigate the break that's in the color change. And if the break happens, I'll show you what I mean. But if it looks good, then it worked and you'll never know what I'm talking about. So I'm gonna make my forward knot here with my pink, pass it under and keep working with my pink. And you'll see that the non-working strands are showing. So you want to make sure that you really pull that up snug to cover the other colors. As you keep working you'll see your cute little spiral

design really start to develop. If you wanna change colors again, you just drop the working color, pick up your new color and start forward knotting. It's really just that easy. Keep working your forward knots until your bracelet is about the length that would wrap around your wrist. For me, that's about six, six and a half inches. And the more you make your bracelets the more you'll figure out what your ideal length is. But I always say, it's okay to work shorter rather than too long. This is what my bracelet looks like, when it's almost finished. (indistinct) we're going to talk about four different ways to finish this next.

Closures

- Some people believe that you should put on your friendship bracelet and never take it off. I happened to be one of those people so I'm gonna show you how to finish your bracelet and tie it on forever. But if you don't feel comfortable wearing it in the shower or you wanna be able to change your bracelets to match your outfits every day I'll also show you several options for keeping your bracelet adjustable and removable. I have my spiral bracelet here and we're just going to make a simple knot at the base of it to secure all the rest of our knots. So take all of the threads in your friendship bracelet, wrap them around your fingers tie a simple knot. This is how I finished any friendship bracelet that I make regardless of the design. Wanna scooch this knot as close to your finished bracelet as possible. And if you have any certain threads that look like they're popping out of your knot you can always tug on each thread one at a time just to get your knot neat and snug. You could really just call this done by trimming the ends maybe about three or four inches on each side and tying a knot here either around your wrist or around your friend's wrist. I also like to finish mine with a braid because I just think it looks neater. Pop this back into my clipboard. And for a braid, you divide your strands into three groups. It's okay if some of the groups have a few more strands in them than others just try to get them as even as possible. And if you've never worked a braid before that is also really simple, you take one of the outside pieces cross it over the top of the middle one and put that piece in the middle. Take another outside on the opposite side, cross it over the top of the middle piece and put that one in the middle. And keep going bringing the outside to the middle and the other outside to the middle. And that's how you make a braid. So you just braid this all the way down. Again for a tie I like about three to four inches to work with, you can always trim it after you tie your bracelet around your wrist. It's always nice to have a little extra to work with rather than not having enough. At the end of your braid tie another knot to secure. And now you can trim it. Do the same thing on the other end of your bracelet. I love how this looks really neat and tidy, you can use these braided ends to tie your knot securely, and if these feel too long you can turn them again or just leave them loose, looks cute too. Mine I just left loose. If you want a more adjustable option I have a couple different methods for you. The first one involves using a loop. And if you want to have a loop closure you need to keep this in mind when you start your bracelet. For the loop you'll always have an even number of strands, this ends up being a six strand spiral but the pieces of thread that I start with are actually three and it's doubled and that's what creates the loop. You'll start with three pieces or however many you want. And this piece is super long, like these pieces are each two yards long and you wanna find the center. So line up the ends in one hand and you can scooch through down so you can find the middle, this is where you can tie your loop. You don't want your loop to be too long or too short, I use my finger as a measure because as you're tying your bracelet on later you'll probably need to work your fingers through this loop to create your tie. Get that nice and snug, you can again pull on separate strands if some of your knot is looking a little funky, you can get this nice and neat and then you'd be ready to start

your spiral. I slip my bracelet back into my clipboard, pretending I just finished. This already has the finishing knot on it as well. And instead of braiding all of these we're gonna split them into two groups, 'cause I want two finished tales, each of these groups has three strands and I'm going to braid those together. We'll do about three, maybe closer to four inches here as well for both of these braids. Secure at the end with a knot. It's okay, if they're not exactly the same, you just want them pretty close and trim these tails. (scissors snipping) And there are two ways you can use this sort of forked closure. You can pretend this is on your wrist or your friend's wrist, pass one of the tales through the loop and then you can tie it on, like this, you can use a double knot or how you can use the knot the way you tie your shoe laces if you wanna make it more removable, it can be as permanent or temporary as you want. Another closure you can create with this forked tail is a slip knot, which is very removable and adjustable. Take both of your tails and slip them into your loop, pull through, keep pulling, until you've created another loop, over here. You wanna take your tail and put that in the loop again, and keep pushing your original loop back towards the center or right back where the ends of your bracelet end. Oops, my loop is kinda stuck on my knot here a little bit. As you can see, this creates a slipknot here and the ends of your bracelet slide freely inside of it making it really easy to put on yourself, you just need to pull on these two tails to tighten it and then you can also very easily slide it off. With the loop method you can also add a button closure, which is fun, 'cause you can pull out your button collection. As I mentioned before, you don't want a button that's too big or too small, you wanna be able to pass it through your loop. So this should definitely fit through but you don't want it too small 'cause then it gets really fussy and it's difficult to put on. So this is probably about close to an inch or three quarters of an inch. Take one strand of your bracelet, and I have a tapestry needle here, if the holes on your button are big enough it's easy enough to thread the embroidery floss through without using a needle. But if you feel like you're struggling you can always use the needle to help, which I might need because I'm struggling a little bit, here we go, all right. So just attach your button as if you were sewing it on to something. So it doesn't matter if it's a two hole button, or a four hole button, or if it's the kind with a shank loop on the back, just attach it as you normally would and then you can take another strand and just tie a couple of regular knots to secure it, and then take all your strands and tie one big knot. You could either trim this now or you could braid this a little bit and then tie another knot it just depends on the aesthetic that you want. You don't actually need this as a tie because you have your button. You just slip this over like this and that's super cute. Another thing with the button closure to keep in mind is before you attach your button, it's really more important to make sure that your bracelet fits you properly because it's not adjustable the button just is where it is. So you do want to measure (chuckles) you do want to measure the bracelet length, including the loop to make sure that the button is going to be in the right place. So you want it not skin tight, you want some movement, just a little bit loose. Another fun way to secure your bracelet in an adjustable way is to use a bead. And this bead needs to have a fairly big hole because both of these tales need to pass through it. At the end of my twist I've made some braids here but I did not tie them off because they need to fit through the bead and with the knot it would be really hard to get through this bead. To give you an idea of what we're about to do with the bead, we're gonna cross the braids and we're gonna basically make sure the bead sits here in the center. Because of the bead has a hole in it these tails can pass freely back and forth inside of it, making your bracelet bigger or smaller. So we need to get these tails through that bead. I have a tapestry needle and it's a size 16, and you wanna try to thread all of these through the eye of the needle. See which color be do I want, you only need one bead, maybe I'll do pink. Thread this through your pink bead and just leave it for now. Take your

other tail and do the same thing, trying to thread this through. Sometimes it can be weird to thread a bunch of strands all at once if you have to do it one at a time that's fine too, get them all in there, got it, okay. So you have this side going from right to left, I have the tail sticking out toward the left. This one needs to go left to right with the tail sticking out on the right. And we'll pass this needle through the bead in that direction, like this, now you can tie off the ends of your braid. You might need one or two because these knots should make it so that your braid cannot go back through the bead. Let me try one and see what happens. Oops, looks like I have one missing. I'm just gonna use my needle to get that straight tail back into the knot. (needle thumps) And knot the other side. And you can test it, yep, that still goes through. So just keep making a bigger and bigger knot until it can't fit through the hole anymore. I might give this three knots on each end. If you find that a Brazilian knots still fit through the bead you might need to shop for a bead with a smaller opening. Do one more, and then you can trim the ends of your knots. (scissors snipping) So this is big enough for me to pass my hand through and it's also really easy for me to tighten it myself. And there's a really cute bead on her bracelet. The last last trick I wanna show you, it's basically the same closure except if you don't have a bead you can sort of create your own bead with thread. We're gonna cross the braids just like we did with the bead method, and I need to secure both ends of these tails. I'm gonna put one end in my clipboard. You can use tape for both ends if you don't have a clipboard and I get the braids close together and then I'm gonna secure the bottom with some tape. This is washi but if you only have scotch tape, that's fine too. You need a length of thread, I like to work with about a foot, you won't need that much but it's just easier to work with a longer length. And you probably wanna choose a color that matches your bracelet, I'm using a different color, this dark pink, so that it contrasts more and you can see what I'm doing. This bead is created with macrame square knots. To start, pass one tail underneath these braids. This is a little bit of a tight spot so instead of using my fingers I find an embroidering needle can help. Find about the center, and for these square knots there's actually a left knot and a right knot, and to create our bead we'll just keep alternating left and right knots. For the left knot, pass the left tail over the right tail, loop it through as if you were to tie a knot, but don't tighten it just yet. Since this is a left knot, we're gonna pass our tail that we're holding onto here from left to right underneath these braids. I'm gonna use the toothpick to help scooch this under my braids, you wanna make sure this tail is on top of this outside loop and then pull on both of your tails. You can see how there's a knot forming here on the left side, and then scooch that more toward the center and give it a nice tug. A lot of people will say to pull these as tightly as you can, I feel like that means that the tails or the braids won't slide through it quite as easily, so you want it tight enough so that the knots on the end of your bracelet won't pass through it but loosen out so that you can still have some movement. You might need to play around with that tension a little bit. For the right side macrame knot, you pass the right tail over the left pull it through as if to tie a knot but before you tighten that you wanna go right to left under the braid. So holding onto the same tail, I'm gonna scooch this under the braids, pull through making sure this tail is over the outside loop and pull both ends, and you can see this knot forms on the right. You can also use a toothpick or a needle to make sure that these loops of your bead are close together and you just keep repeating left and right, left and right to create a bead as long or short as you want. I think at least three or four sets is a good size for your bead. So for the left knot again, we're doing left tail over the right tail pull through, and then pass the tail from left to right underneath the braid. And you pull the tail through and make sure it's going over the outside loop, pull on both tails and make it snug. For the right side knot, right tail over left tail, pass it through hold on to that and then from right to left underneath the braid, making sure that this tail travels

over this outside loop, pull on both ends. I'm gonna do one more set, that's my left knot, left to right, pull both tails, I'm gonna pass this under from right to left, (needle thumps) give it a tug. You could trim your ends here or for more security I like to tie a knot on each side. Kind of creates these two little antenna, so if that bothers you, you don't have to do this part, but I prefer knowing that these macrame knots are not going anywhere. Doing the same to the left, scooching my knot as close as possible to my macrame bead. And you can trim these pretty close because you do need to secure your bead with glue. (scissors snipping) Before I glue it down, I wanna show you how cool this beat is. See it's loose enough for these bracelet tails to travel through it, making the bracelets smaller while it's on you or bigger when you need to slide it off. But since this bead is gonna get a lot of wear and tear from you sliding it on and off, we'll secure with glue. A lot of people use super glue, it dries really quickly, it's really handy. However, I've read that sometimes superglue and cotton can interact and the glue will actually start melting the cotton and you might see some smoke or feel some heat, so I'm just not even gonna play with that possible chemical reaction, and I prefer Fabric Glue which is actually meant to be washable. You can also use Tacky Glue which is a great glue but tacky is not really washable and so I don't know how much it'll, oops, hold up to hand-washing. And when you use a glue, you'll definitely need to use a toothpick 'cause you just want teeny tiny amount of glue to secure your knots. You want to avoid gluing your bead to the bracelet because then your bead won't do its job and things will like slide around. So I just take a very tiny amount of glue on the end of my toothpick and sort of soak the little knot I just made just so I know it won't unravel. Careful not to get glue on the actual bracelet just the bead. Depending on what glue you're using and the dry time like right before it's almost dry and it's pretty tacky you can kind of squish these little antenna things in closer so they don't look as pokey. This glue is pretty thick so I'm actually able to scooch those in right now and then just leave this to dry before you put it on because you wanna make sure that these knots are nice and secure. Now you know a bunch of ways to secure your bracelets on yourself or on your friends.

Candy stripe

- The candy stripe friendship bracelet design is probably one of the most iconic friendship bracelet designs. And you might be surprised that it's super easy. It's just forward knots again. And we'll get into how you arrange all your colors next. On my clipboard, I have six strands and much like this spiral, you can do this with two strands, 20 strands. The more strands you have, the wider your bracelet's going to be. So I have, again, six here. You can arrange your colors in the order you want your stripes in. I always like a rainbow-ish order. So I'm gonna start with my coral. Sort these out. Take your time. My third one is going to be light pink. Then I'll go gold and then mint and then white. It's important to get this order from the get-go. To start the candy stripe, we're gonna work from left to right. Left to right will always be referred to as a forward motion when you're making friendship bracelets. You can remember that because forward left to right is the same direction that we read in English. Left to right is forward. So start on the left with your coral and pick up the next strand. Work your forward knot. Get that nice and snug up toward your initial knot. Again, not too tight, but just snug enough. You'll kind of get a feel for how tight you want your knots the more you make your bracelets. You're gonna work a second forward knot. Bringing that up nice and snug. From here on out, you're always going to make two knots at a time. We're gonna move on to the next thread to the right here, and I'm still working with my coral. So the coral is making the number four to create the forward knot. There's my first one. Here's my second one. Drop the pink one. Moving onto the next, which is my gold. Again, still working with coral as the working strand. One

forward knot. Two forward knots and drop the gold. Pick up your mint, again, two forward knots. And then the white thread. There's one and two. As I mentioned with the forward knot, the thread is going to want to lean towards the right. So now you have your coral as your last color and up next is your dark pink. Repeat this process with your pink all the way across all of the threads. So two forward knots, and your next color, make sure your colors stay in order. There's a gold. Then mint and white, and finally coral. Okay, now, check your work as you go. Everything's looking nice and neat. If anything is looking like it's sticking out or like accidentally another color snuck in your knot somehow, you can always use a pin or the tip of your scissors to help pick out a knot and undo it and start over. Next step is light pink. You can see how cyclical this is. It's just all these double forward knots that you keep working over and over and over. You can make thicker stripes by having more than one strand of the same color. So then you'd be working, you know, two or three light pink stripes in a row, rather than just one of each like I'm doing here. So you can think about your bracelet design before you cut your strands. You'll also notice that with the forward knots, your stripes are gonna angle downward from the upper left to the lower right. That's totally natural. That's what it's supposed to do. So don't be worried if you think that all the stripes were supposed to be just horizontal across. They're actually supposed to be diagonal like this. Keep working your forward knots, alternating all your colors and your finished candy stripe will look like this. Super colorful, really fun. As you can see, I finished just with my simple braid which is my favorite finish and that's it.

Chevron

- Now that you're a pro at making forward knots, you might be wondering if there's a backward knot, and there sure is! We're going to create a really fun chevron design, which are V shapes. One side is forward knots, and the other side is backward knots. You can use any number of strands you want, but they have to be an even number for the chevron. I'll be working with eight. You need two strands of the same color. So, for eight strands, that's four colors. That also means you can start with a looped start, if you want, since you have two of each. I always prefer just using a loose start rather than a loop, but that's up to you. Arrange your colors according to how you want your stripes to look. This has to be a mirror image. So, I have my coral, light pink, dark pink, and gold, and the right side is a mirror image of that. Coral, light pink, dark pink, and gold. You'll always think of these as two halves that you're working at the same time, and then you also attach them in the middle at the end of each row. Show you how to do that. Like the candy stripe, we're gonna start from left to just the center. Not all the way across. Take your left outermost strand, and make your two forward knots. Take my dark pink now. Two forward knots. And the gold is the last one for this half of the chevron. One and two. Leave your coral, your working strand, in the center, for now. We're gonna go on the right-hand side of our bracelet to work the backward knots. The backward knot is really just the backward version of the forward knot. So, you want to make a backward four. This outside coral is now my working thread, so I'll make my four like this over my light pink strand, and then bring my tail through, and pull up. That's the backward knot. One more time. My four is backward this time, over my light pink strand. And I bring the working strand through that loop in the four, and pull up. Next is my dark pink. My backward knot. Again, when I start getting faster at this, and when you start getting faster at this, it's not really gonna look like a four anymore. So, it might look a little bit confusing, but know that these are backward knots, and I use my pointer finger to hold out the backward four as I'm working my backward knot. The last one here is gold. So, working my coral around the gold. And here, I'm at the center, with my two coral yarns, and you need to join

them together. You can either do this with a forward knot or a backward knot. Since I've been working backward knots, it's just easier for my brain to then join these with two backward knots, as well. One, two. And with the backward knot, the knot wants to travel backward from right to left, so my working strand ends up on the left side. That's your first row. It's kind of hard to see what's happening here. Let's work one more so you can start to see what the striping actually looks like. Start on the left side again, of my bracelet, working the light pink all the way across. Toward the center, not all the way across. So, one, two. The next step is gold. Here's one, two. And last is coral. One, two. Leave that in the center. Coming back on the right-hand side here again, taking my outermost strand, the light pink. Two backward knots. One, two. One, two. The last one, one, two. Now, I have my two same colors in the center. I'm gonna work two backward knots to join. You can see our V shape forming up here, because as we discussed, the forward knot wants to move in a diagonal downward line from upper left to lower right here toward the center. And the backward knot wants to work from upper right to lower left. Keep that in mind as you get more advanced and work on your own designs, and keep in mind in the direction that the forward and the backward knot want to move in. You just keep alternating your colors in this same way, working your left side with the forward knot, your right side with the backward knot, and joining in the middle, until you have the length of your bracelet. Your finished chevron look like this. This is a showstopper. It's pretty cool. Again, I finished with my favorite finishing. Just the braid. And just to show you a different design option, I have one here with a looped start and a button closure, and you can see that my stripes are a little bit thicker because I'm alternating two gold stripes with two light pink stripes. And that's a fun design, as well. Go ahead and play with thicker stripes, thinner stripes, more colors, fewer colors. You can even make a super thick bracelet. You can try like 20 strands at the same time. There are tons of options with the chevron.

Heart

- A really adorable version of the chevron is the heart design. It's really interesting how the chevron with some slight alterations can turn into a heart. And I'm gonna show you that on a piece of graph paper first, so you can sort of see why we're making the knotting decisions that we will be. This is why graph paper can come in handy. Each square represents each knot. For the heart we'll work two regular chevron rows and then to special chevron rows. What will happen here is I'm gonna erase two of these squares. So we'll have to change two of these outside knots in one row and then coming down here to fill in these squares to make our heart. So you can see the heart here. So we have to swap some colors and we do that by swapping, not only the thread that we're using, but the direction that it's moving in. You really need eight strands of thread for this project. So you need two strands of each color, which means you can either start with your loose threads, like I prefer, or you can also use a loop to start. To arrange them, decide which color you want the outline of your heart to be, this dark color. I'm choosing red. So the red needs to be the outer most color. Then your inside color, and I'm using dark pink. And then you're outside color again. And then ending with your inside colors. So two chevron rows are how we begin the heart. Again, this first color should be the outline color of the heart. So, one, two. One, two. This is forward knotting. One, two. I'm at the center. I'm gonna move to the right side with backward knots. That's one. Two. One. Oops. Two. Don't worry if the beginning of your chevron's a little scrunchy up at the top in the first row or two. That's totally normal. One, two. And then joining the two red strands at the center with two backward knots. One and then two. Row two is our dark pink. Again, just a regular chevron row. Forward knots here. I'm at the center. Gonna move to the right side of my bracelet. Backward knots.

One. Two. One. Oops. Two. I'm at the center. So I'll join my two sides, oops. You can see from tugging on this pink strand I've sort of popped a red knot that looks like it will be visible. Sometimes if you pull on things too tightly... Can you see that? It looks red now. Now it looks pink. So if this happens, just pull on your non-working thread and it should sneak right back in there. You might need to tie it a little more tightly to keep it in place. And then a backward knot to join the center. Two backward knots to join the center. So you can see also I have another red stitch that's popping out here in my pink stripe. And sometimes tugging on them can help fix the situation. Sometimes it doesn't. In this case, it looks it will not. So I would go ahead and take out my right side and the center and redo that one errant knot. Which kind of stinks, but especially for pattern work, you wanna make sure that all the colors look good. I'm taking my safety pin. You can also use the tip of a pointy scissor and I'm gonna pick out the center knot I just made. You wanna go in reverse order of how you made them. I'm at the point on the left side of my bracelet where I found that red stitch popping out, and I'm just gonna continue starting again with my chevron. You can see that now. It looks all pink, which is what we want. This is now in the center. I'm moving on to the right side again where I'll work my pink and backward knots. It's always good to catch your mistakes early if possible. And if you notice one a couple rows down the line and you're not super picky about whether there's one strange knot, don't even worry about it. Like if you're giving it as a gift and you want it to be perfect, at least you know how to take apart your knots. I'm joining the center with my two backward knots. This stripe looks great. It's all pink. That's where you wanna be. Row three is going to be one of our special rows. We're gonna alter the first knot. Instead of starting with our red and working our forward knot over the pink, we're gonna start with the pink and work a backward knot over the red. This is a backward knot worked with pink, which is the second strand from the left. So one backward knot. Here's my second backward knot. And because we're working backward, this pink strand is gonna want to stay on the left which is where it should go. Holding onto this red thread, you'll now finish this half of the bracelet with your regular forward knot. One. Two. One. Two. We're at the center now. And we'll do the same thing on the right side. Instead of working a backward knot with the red thread, we'll work a forward knot with the pink thread. So it's the opposite of what we would normally do on this side. Two forward knots with pink. Pink thread will naturally want to stay on the right. Let it do that and continue to work. Continue to work with this red strand in backward knots. One and two. One and two. And as usual, we will join our two red threads at the center with two backward knots. One and two. It's kind of hard to see, but what we did here was change the first and last knot colors from red to pink. So it's pink on the outside and then red in the middle. Row four is the exact same as row three. Starting on the left, you're going to work a backward knot with your red thread. One. That's the second backward knot. Let the red thread fall to the left and continue with your pink thread. Forward knots. One. Two. One. On the right side, again, I'm gonna take my red thread and work a forward knot over the pink thread. Let that stay on the right side. Take your pink thread and finish this half with backward knots. Join in the center. At this point, you would then keep repeating rows one and two, which are regular rows, and rows three and four, which are our special rows. My row five is actually just row one repeated and this will show the bottom outline of the heart. Forward knots as usual with the chevron at the center. I'll move to the right side of the bracelet and work my backward knots and joining at the center. Check out this super cute heart you just made. We have the red outline here with the pink inside here. So you wanna continue on with row two and then your two special rows and keep alternating two chevrons with two special rows. Your finished heart bracelet looks like this. It's so cute. It's really fun to change up the colors. You can't really change up the width with this one but

it's so adorable just as it is.

Lettering

- Things are about to get wild. You're gonna start designing your own bracelets. This is a method they call alpha designs, like alphabet because you can incorporate letters and numbers and even pictures into your bracelets. In this method, we're thinking of our bracelets as more of a grid rather than diagonal lines and each set of knots is kind of like a pixel. So just think about pixel art and just the wide variety of designs you can create with pixels. This is where graph paper is gonna come in really handy, especially if you want to design your own. For instance, if I wanted to knot a happy face I might have one dot for an eye here and maybe one dot for an eye here, and then maybe his or her mouth, would do something like this. So then you can color in the squares. You probably will have at least one square of border on each side. So I would call this the edge. Oh, it looks like I put two. You would call this the edge of your bracelet. You would then count the squares that are across. One, two, three, four, five, six, seven, eight, nine. So, since each of these represents a knot, you would need nine threads plus one, because that extra one is your working thread. And then nine knots will be showing. For this bracelet, I'm going to create some lettering. And normally we design horizontally with the alphabet, so you can see B-F-F. And a lot of standard alphabet templates will be seven knots wide or seven threads wide. So that means we're going to need a total of eight threads. Let's talk through the design a little bit. We're gonna do two colors to keep it simple. So you have your background color, which is just the white square, and then your lettering color which is the darker square. Our seven threads are going to be the lettering color. And then the eighth thread, the working thread, will be the background color, which is the lighter color. And you're gonna need a lot of background color. So let's go to the thread and check it out. I have my colors picked out here. My seven letter color threads are gold. So the gold for me is gonna represent the darker squares. And my background color is this very light pink That represents the white squares. As per usual, I have about a yard each of all my letter threads. You probably won't need the full yard but I always say like, it's better to be safe than sorry. So these are all a yard long. And the background color, since we're gonna do a lot of background is actually super duper extremely extra gigantic long. This is probably about three, three and a half yards. I have an extra long tail up here before my knot. Generally, I feel like with name bracelets or word bracelets or in this case, our BFF bracelet, the actual bracelet doesn't have to go all the way around the wrist. It can be like just this long and then the rest can be or braids. So that's why I have an extra long tail here for braids later. It's always handy to keep your chart if you have one right next to you, so you can refer to it. This will start just like the candy stripe with forward knots, all the way across all of our threads. So this is our super long pink background color that we'll be using to actually go back and forth, back and forth. Row one is just two forward knots across all of our background threads. It will take you a little bit longer to work your rows simply because your working thread is so super long, but just be patient. This is such a cool technique. It's really worth the extra time. Also, if you're not interested in designing your own letters there are a lot of letter generators that are free online where you can just type in letters or a name and it will spit out a pattern for you. And one really cool site is friendship-bracelets.net. It's a really cool resource. And if you go to the Generate tab, you can find a place that will then generate a pattern for you. It's really handy. It's okay, again, if your first couple of rows look a little bit squishy, that's totally normal while all the knots and threads are sorting themselves out. For row two, we're going to travel backward from right to left. That means we'll be using backward knots. So keep using that same background color and tie backward knots from

right to left. In this case, our stripes or our rows will not be diagonal lines. They will actually look more horizontal. Oops, so this is looking a little funky and a little tangly just because our background color is so long, I would definitely look out for that and not complete your knot if it's feeling like you got some tangles in there. I'm gonna redo that one just in case. Just finished row two. Things are still looking a little bit squishy, but that's okay, it'll all spread out eventually. And you just keep working forward knots to the right and then your backward knots back toward the left for as long as you want to have a space before your letters start. I decided to do nine rows here. You can start to really get a good look at what these look like. You can see one, two, three, four, five, six, seven, eight nine. You can also see this cool back and forth trail or pattern that this background color is making. This last and ninth row is heading in this direction. So that represents this first row here. I'm gonna start my lettering back in this direction working from right to left or backward. In my pattern here, the first knot is my background color, so we'll work that as usual since we're heading back this way. It's a backward knot, or two backward knots. One. And two. And here is where things get a little bit different because we want the gold color to show as our knot to create this first dark square. However, we do also want our background color to keep traveling in the right direction. And the way we do that is create what some people call a downward knot, which for some reason tends to confuse me. I just think of it as a wrong knot. And when I say wrong knot, I mean, if we're traveling in a direction where we're supposed to be making backward knots, my wrong knot is gonna be a forward knot. Conversely, if I'm traveling in a direction where I'm supposed to be making forward knots, my wrong knot is a backward knot. So in this row, we're traveling backward and my wrong knot or my downward knot is going to be a forward knot using this darker letter color. So pick up that thread to the left of your working thread or I guess your background thread because you're then going to create a forward knot or other two sets of forward knots to make this gold color show. You will now drop this knot. It wants to go to the right, so let it do that. You're gonna pick up the next gold or litter colored strand. Oops, it's not the right one. It's this one. Because our next knot also needs to be gold. So work the forward knot again over my background color. Two forward knots. These knots are gonna wanna get long and you kind of don't wanna let them do that. So make sure they're nice and snug up at the top. Again, this gold thread is going to want to go to the right so let it. We're now doing this knot, which is also gold. So we take the next gold strand and forward knot which is the wrong direction technically. Make sure that's nice and snug. Here's my second knot, also nice and snug. Let that sit to the right. You can see our knots are this gold color, but my very important background color is making its way back to the left. The next knot is also gold. Work another set of forward knots with the next gold strand. One more gold knot. Forward knot again. Get that nice and snug. And the last knot in this row will be background color again. So take your background color and work a backward knot set for your last little square here. So this will show pink. It's a bit tough to see since everything is so tiny but technically, the outside knots are pink and the inside knots are gold. I'd then be moving onto this row. This row, we're gonna alternate background, letter color, background, letter color, background, letter color and then background again. That means you're gonna be alternating forward knots and backward knots. Starting with forward. Let that first gold strand stay in to the left and this next square, since it's going to be the wrong direction is a backward knot with the gold strand on your right. Backward knot. Let that go to the left. Here is our pink again, so that's a forward knot. Just the correct direction. Two forward knots. And we're alternating back and forth, so this needs to be a backward knot with this next gold strand on the right. Forward knot again with pink. Backward knot with gold. And finally, we're here now. It's a forward knot with pink. My arrows on my chart are

unfortunately, not correct. Oops. We're at this row now. For this row, we're going to alternate our pink and our gold knots again. So since we're going in this backward direction, I'm gonna start with my pink background thread with backward knots. There's my first backward knot. There's the second. Let the gold strand fall to the right. And now for this knot, we'll switch back to forward knots with the next gold thread to the left here. Oops. So that's two forward knots. This is in the wrong direction to make that gold not show up. Two knots. Remember to get those nice and snug up. They're going to want to be really long. We wanna make sure they're still tight. Coming here. Back to pink. Backward knots. This is in the correct, the correct knot for this direction, so that my pink background knot will show. There's one backward. The second, nice and snug. Going back to another letter color, which is my gold with the forward knot in the wrong direction. Just one, nice and snug. I'm not pulling on it too tight. I don't wanna completely warp my knots, but again, these wanna go along, so get it nice and snug. Let that fall to the right. These are alternating back and forth, so I'm back with my pink background thread with backward knots. There's one. Two. One more gold with the forward knots in the wrong direction. One. And then two. And we're at this last square right here which is pink background. So ending with pink and two backward knots. One. And then two. I know, this is super teeny tiny. You can see our B starting to form here. We have one more row to complete this first letter. Again, my arrows were slightly misplaced. We are here on this last row. So you see, we have two pink squares. A gold, a pink, a gold ending with two pinks again. So we'll start right here. My pink background color going in the correct direction. Forward knots. One. And then two. One more pink. Forward knots again. One. Two. We're here now, so I'm switching to gold with the backward knot which in the wrong direction. So pick up the gold strand to the right of your pink strand. Two backward knots. One, nice and snug Two. The next square is pink. I'm gonna switch back to pink as my active strand. One set of forward knots. One. Two. One more gold. Picking up the gold strand to the right of my pink. Two backward knots. One, nice and snug. Two. And then our last two squares are both light pink. I'll take my pink and it's two sets of forward knots. That's the correct direction. One. Two. Last set. One. And two. Our B is finished and I know this is super tiny and you can either keep your bracelet this width with this many strands and know that your letters are going to look pretty tiny, or you can also experiment with your own bracelet widths. Let's say you double this width and yours is more like 15 stitches or 15 strands wide and your B can end up having a little bit more space between the different colors and that will end up being a little bit easier to read. So definitely go ahead and experiment with your graph paper and all your different letters, and you can decide what kind of width and spacing you prefer. But I did wanna show you what it looks like when there's only one square in between your color changes. It's very tiny and very fine. It still will read very well if you continue your pattern. Ultimately, your whole BFF pattern will look like this. You can see in my pattern, I left two rows of space in between all of my letters. You can either just do one row between your letters or three or four. It just depends on the spacing that you like the look of. You can see you can have so much fun with names or favorite words or initials. You can also do numbers or pictures. There's a lot of freedom with the design options you have here. Wow, you learned how to make so many different kinds of friendship bracelets. Your friends are gonna want a bunch once they see yours. Remember, you can easily switch up the look of these bracelets too. I used a lot of bright colors and fun novelty buttons but you can make your bracelets look a little bit more sophisticated just by changing the color palette. You can pick some more neutral tones and maybe a metallic button or a wooden button. Just think about the person that you're making the bracelet for and what they might love. You can also play with lengths of the bracelet. You can do a really wide and short chevron and make a really cute pair

of earrings. You can make a really long twist and make a choker. You can make a bookmark. Just use your imagination and think of all the accessories that you're about to create.