

## Hemp Bracelets

### Materials:

Scissors, tape, wooden beads, 1 piece of hemp- 2' of wingspan long, 1 piece of hemp- 2x circumference wrist.

### Procedure:

Find the middle of both pieces of string and tie them together.

Place shorter pieces in between longer pieces and tape down.



With the left string, make a four underneath the two short strings and over the other long string.

With the other long string go over the bundle and back down through the loop created.

Pull tight. Continue until the bottom.

Slip beads on the middle strings and continue stitches around beads.

