



2025 Youth Theme

# **BRACELET TUTORIAL AND INSTRUCTIONS**

## Materials:

- Three colors of thread, string, or crochet floss
- Seam ripper (for undoing errors)



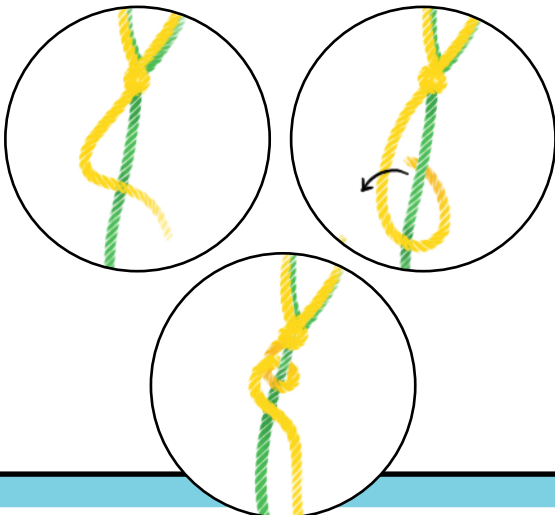
In the 2025 Youth Theme video, a young woman has a hand-made bracelet with a sun on it to remind her to look to Christ. **Here are the instructions for making a simplified version of the bracelet base.**

The last step of the bracelet is to add the most important part—a sun—to remind you to look to Christ. What creative ways could you add a sun to your bracelet? (Think paper, thread, stones, or anything else!)

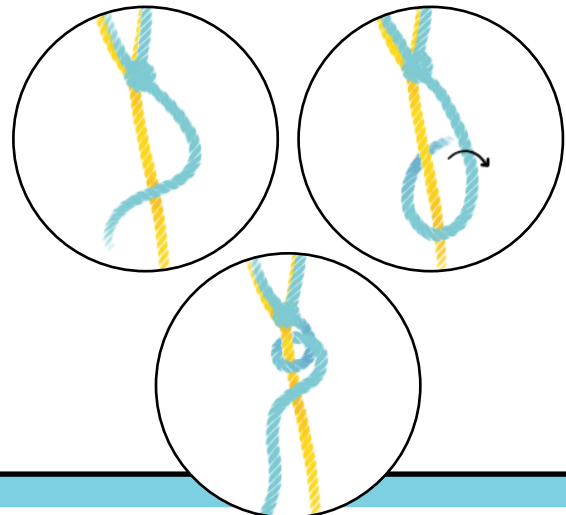
This bracelet could be made during a weekly youth activity. An older youth may want to practice making the bracelet beforehand so they can demonstrate how to make it and help others.

## Pattern Definitions:

**Left knot:** Loop the working thread from left to right over another piece of string, forming a “4.” With the working thread, go under the other thread and up through the hole in the middle of the 4. Pull tight.



**Right knot:** Loop the working thread from right to left over another piece of thread, forming a backwards “4.” With the working thread, go under the other thread and up through the hole in the middle of the backwards 4. Pull tight.



# Instructions:

## Setup:

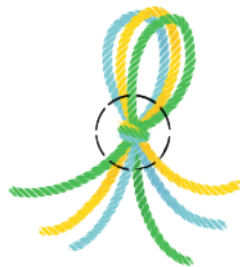
1. Per person, cut three colors of thread to 50 in. (127 cm), or about two arm-lengths, long.



2. Hold three colors of thread together, and then fold them in half.



3. Tie a knot at the top of the fold. You should now have six pieces of thread hanging down.

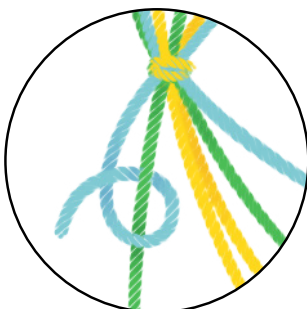


4. Line up your thread so they are ordered Color 1, Color 2, Color 3, Color 3, Color 2, Color 1.

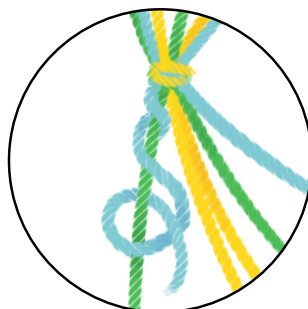


## Row 1:

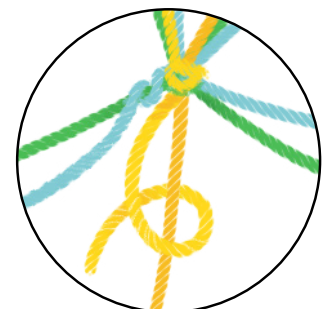
5. Begin with the two pieces of thread on the left. Using Color 1 (on the left), form a **left knot** (see definition above) over Color 2.



6. Still using Color 1, form a **right knot** (see definition above) over Color 2.



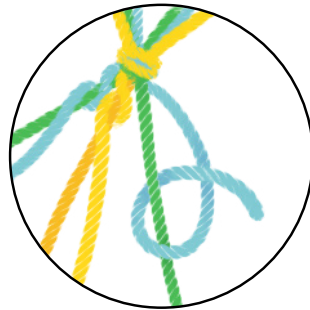
7. Move to the two pieces of thread in the middle. Using the left-side Color 3, form a left knot over the other Color 3.



8. Using the same Color 3, form another left knot over the other Color 3.



9. Move to the two pieces of thread on the right end. Using Color 1 on the far right, form a right knot over Color 2.



10. Using the same Color 1, form a left knot over Color 2.



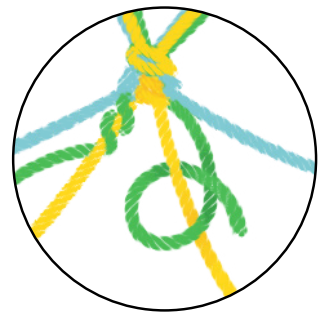
**Row 2:**

11. The piece of thread on each edge (Color 1) will not be used in this row. Begin by focusing on Color 2 and Color 3 on the left side. Using Color 2 (on the left), form a left knot over Color 3.

12. Using the same Color 2, form a right knot over Color 3.



13. Move to Color 3 and Color 2 on the right side. Using Color 2 (on the right), form a right knot over Color 3.

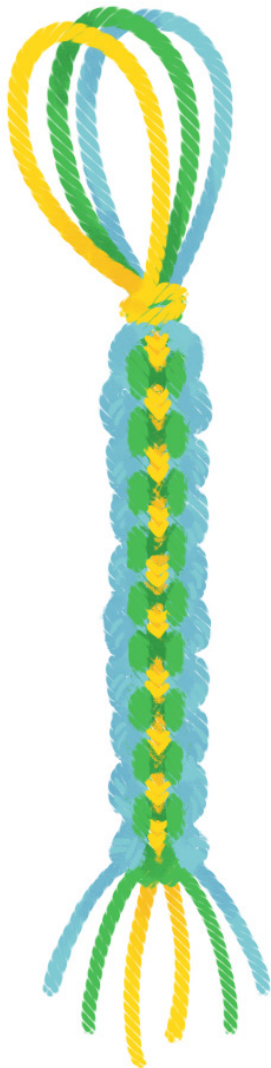


14. Using the same Color 2, form a left knot over Color 3.



**Repeat:**

15. Repeat rows 1 and 2 until your bracelet is as long as you'd like it to be.



Here is a shortened version of the pattern for the repeat:

- Row 1. Left threads: from Color 1 on left to Color 2 on right: left knot, right knot. Middle threads: from Color 3 on left to Color 3 on right: left knot, left knot. Right threads: from Color 1 on right to Color 2 on left: right knot, left knot.
- Row 2. Do not use Color 1 (edge pieces). Left threads: from Color 2 on left to Color 3 on right: left knot, right knot. Right threads: from Color 2 on right to Color 3 on left: right knot, left knot.

**Finish Off:**

16. Tie a knot at the end to finish. Leave enough string to tie around your wrist.

**Add a Sun:**

17. The most important part of the bracelet is a sun, to remind you to look to Jesus Christ. You can add a sun in lots of different ways, with thread, paper, stones, or other materials.

**For Advanced Bracelet Makers**

If you've mastered this bracelet, you can make it look even more like the bracelet in the video by adding more colors. It must have an odd number of colored threads (before folding) to work correctly. The bracelet in the video uses 7 colors, with 14 pieces of thread.