GET READY!
Place a towel or napkin on the table and then lay off of your materials on the table. This will keep runaway beads from rolling off the table. Think about what colors you want to use for your first bracelet and choose an elastic band that will coordinate with your colors.

Use the ruler on the side of these instructions to cut a piece of string that is 56 inches long (that will be 7 lengths of the ruler). Thread the needle and then place one bead on the string. Tie a knot around the bead, and then double knot it for strength.

Now poke the needle through elastic band you’ve chosen. Pull the string all the way through the band until the bead rests firmly against the band. Tie a single knot around the needle at the very end of the string so that the needle won’t slip off while you are beading. Don’t worry, the knot will pass right through the beads!

Bead until there is only 12 inches left on your string. Snip the needle off of the string close to the knot. Tie a bead on the end of your thread leaving all of the excess string. You will need the string to tie off your bracelet, so don’t cut it off! Make sure there is no gap between your beads. See that your beads are sitting comfortably on the string, not too loose, not too tight. You can adjust the tied on bead by gently pulling on it.

GO!
Now it’s time to roll! Hold the elastic band near the attached bead and carefully roll the elastic band between your thumbs and index fingers. Watch how the beads wrap themselves around?

Take your time and be patient. Adjust the alignment of the beads if necessary with your fingers. Keep hold of the band so that the beads don’t unravel! Move your hands along the band as it fills up with beads.

When the band is completely covered see if there are too many or too few beads on the strand. You want the last bead to fit nicely next to the first bead, so adjust your beads accordingly.

Poke the needle through the band so that the last bead sits next to the first bead and pull through all of the loose string. Poke the needle through the band again and tie off. Make a couple of knots so that it is strong. Snip off the excess string. Roll it on your wrist! Very stylish!

GET SET!
Now it’s time to bead! You can choose a particular color theme, like blues and greens or reds and oranges, or you can mix them all up!

To make stripes, string 8 beads of the same color together. For wider stripes, string 16 of the same beads together. Each bracelet will use about two containers of beads.

The strand of beads is pretty long, so be sure to keep the elastic band and your beading work on top of the table and not in your lap. This way in case you drop the strand, the beads will stay on the towel and not fall all over the floor.