

MAKING A BEADED BRACELET

You may like to make a beaded bracelet as a way to remember the person who has died or is very poorly.

You can also make a bracelet to remind you of the people who are around you now and who help you to cope. Or the happy memories that help you when you feel sad.

Wear the bracelet on days that are difficult to remind you of the bond you still have with the person who is ill or who has died, or to remind you of the people you have around you now.

This activity is not suitable for very young children. If you have younger children around make sure an adult is keeping a close eye on them so they don't pick up and swallow the beads.

You will need:

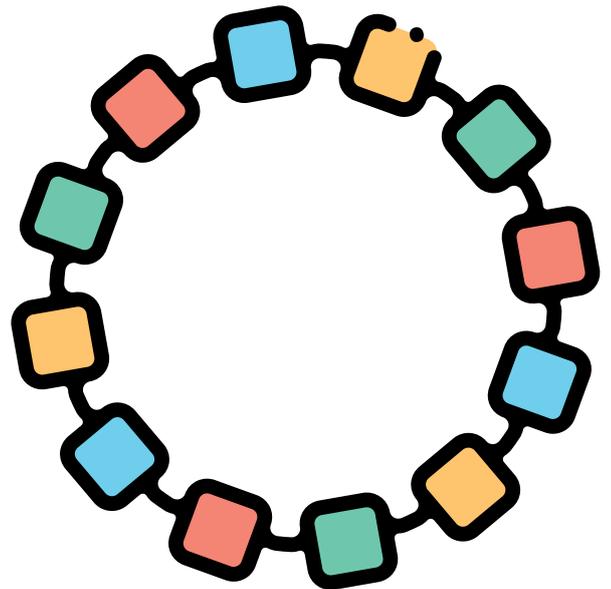
A selection of different beads - pony beads are great. These come in different colours and shapes. There are also beads with letters on

Suitable cord or beading elastic

Scissors

What to do:

- 1** Think about the most important times you spent with the person who is poorly or who has died.
- 2** Choose a bead that reminds you of that time.
- 3** Choose beads for each person you want to have on your bracelet. If your bracelet is for just one special person then you might like to spell out their name with letter beads. If you want to have a few people with a bead each perhaps choose their initial.
- 4** On a piece of plain paper write a bit about why you have chosen each bead and place the bead next to it.
- 5** Take a picture of your beads and what you have written so you have something to help you remember what each bead is for.
- 6** Take your cord and tie a random bead onto the end - this is just to stop your special beads slipping off as you thread them.
- 7** Thread the beads onto the cord or elastic and then remove the random bead on the end.
- 8** Ask an adult to tie it to your wrist. If you have made it with elastic the knot can be a normal double knot. If you've used cord you will need to ask the adult to do a sliding knot so you can take the bracelet on or off.



**WINSTON'S
WISH** **WW**

Giving hope to grieving children