

This activity contributes to the following badges:



Beaver Creative Activity Badge



Cub Our Skills Challenge Award



Scout Craft Activity Badge

The activity could also help towards:



Explorer Fundraising Activity Badge

Beavers | Cubs | Scouts | Explorers | Network

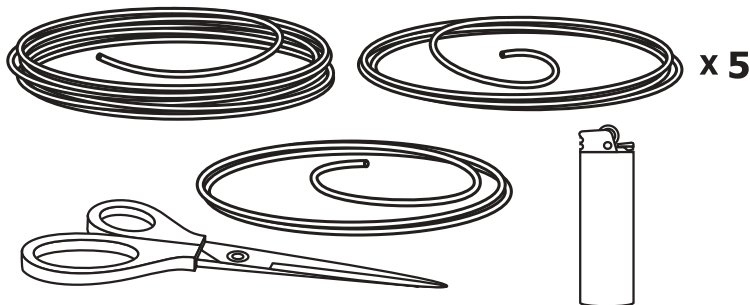
Make friendship bracelets

World Friendship Day, 30 July Create these paracord bracelets with your section and encourage them to give one to someone special in honour of World Friendship Day

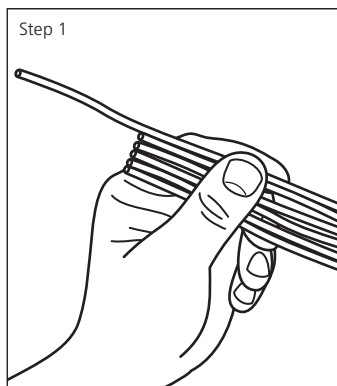
Time 30 minutes

Equipment (per bracelet)

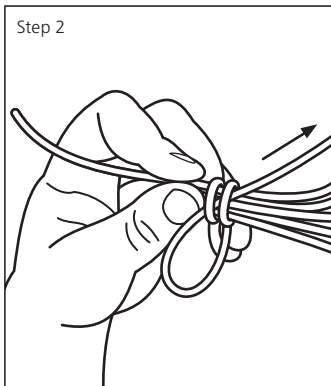
- 70cm paracord 550 x 1
- 40cm paracord 550 x 5
- scissors
- lighter or matches
- 30cm gutted paracord



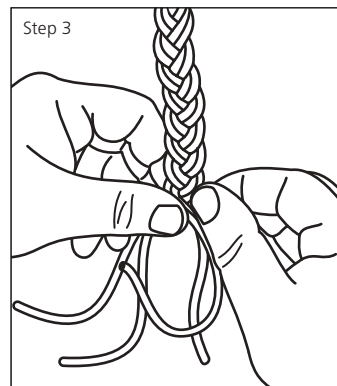
Instructions



1 When selecting their paracord for these friendship bracelets, your section ideally wants a range of three colours from which to choose. The longer length and one of the 40cm lengths should be the same colour, while the other four 40cm lengths should be in two different shades. Your young people should start by gathering the five 40cm lengths so the ends line up.



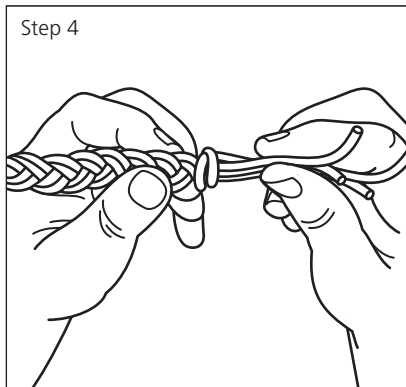
2 Tie the ends together using the long cord to create a stopper knot by looping it around the gathered cords twice before pulling the excess through the loops. Leave 15cm excess of the long cord on the other side of the knot and don't pull it too tightly. Arrange the five shorter cords so that the cords of the same colour are adjacent to each other before pulling the stopper knot tightly.



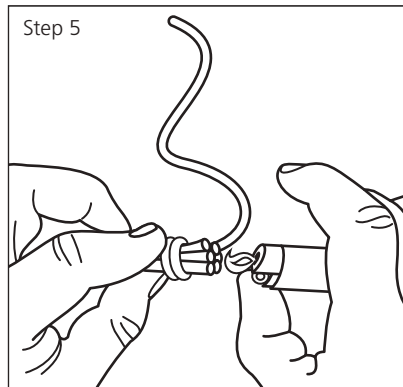
3 Next, your young people should take the three colour pairings of cords and plait them over each other until the bracelet is the desired length. To plait, separate out the three pairs of cord. Bring the left pair over the central pair before bringing the right pair over the new central pair. Keep taking it in turns to plait the left and right over the constantly changing central pair of cords.

Explorer Scout Young Leaders

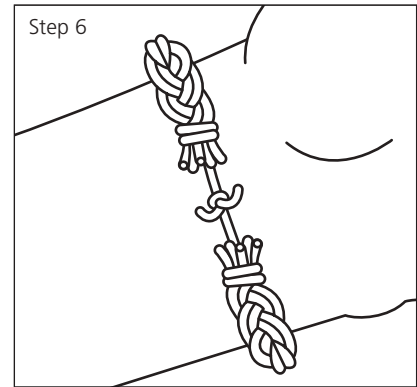
Your Young Leaders could lead this activity to work towards their mission 2 of the Young Leaders' Scheme.



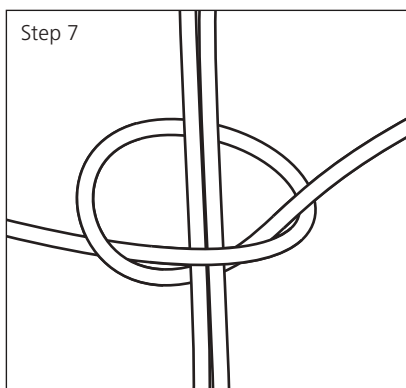
4 They should now hold the end of the plait between their thumb and forefinger while they bring the end of the longer cord out and loop it around the bottom twice and pulling the excess through the loops to create another stopper knot and pulling it as tightly as they can.



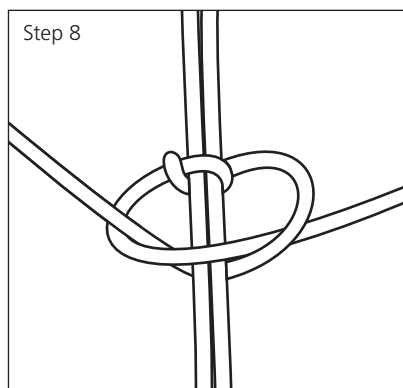
5 Using a sharp pair of scissors, they can now carefully snip the ends of the five shorter cords, making sure they don't cut the long cord. Under your supervision, they should singe these ends using a match or lighter to prevent fraying. They should now have the plaited paracord survival bracelet with a length of excess cord protruding from each end.



6 At this point, your young people can simply knot the ends of the excess cord and tie the bracelet around their wrists. Alternatively, they can add an adjustable sliding knot to their bracelets using a 30cm piece of gutted paracord (paracord that has had its central strands removed, available to buy online).



7 Taking the two knotted excess lengths of the bracelet, your young people should lay one over the other and loosely gather the gutted paracord around their middle. They can then begin as if they were tying a standard overhand knot, crossing the left and right-hand strands over each other, but instead of poking the new right-hand length up through the loop, they should take it behind the gathered lengths and draw it back through the loop towards them.



8 Take the left-hand piece and bring it across the gathered lengths but under the right-hand piece. The right-hand piece then comes across to the left but going underneath the gathered lengths. Bring this piece up through the loop created on the left-hand side and pull both ends to tighten the knot. Repeat this, starting with the right-hand piece and continue a couple more times until you have a substantial knot. Snip and singe the ends of the sliding knot and voila!



Take it further

Encourage your section to make as many of these bracelets as possible and sell them to raise funds for charity. While they're making them, discuss the ways in which you can make new friends through Scouting. You could even invite an Explorer Scout or Scout Network member who visited a World Scout Jamboree or other international camp to speak to your young people about meeting new people from faraway places.