

MAKE A COURAGE BRACELET



Artist Ellen Lesperance creates works of art inspired by the clothing of brave women throughout history.

At a women's peace camp in Berkshire, England (1981–2000), courageous women leaders and activists wore sweaters featuring intricate patterns and symbols with secret meanings that only they understood, like witches, moons, and rainbows. This inspired Lesperance to create the *Congratulations and Celebrations* sweater, which people from anywhere in the world can borrow to wear for times when they need to be brave or fearless.

In this activity, we'll make a courage bracelet that you can wear when you want to feel brave.

MATERIALS

yarn (up to three colors), scissors, tape, ruler, or measuring tape

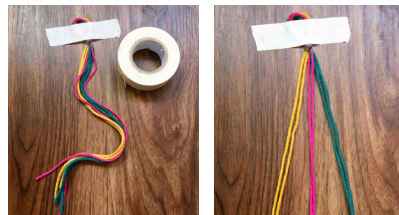
INSTRUCTIONS

1



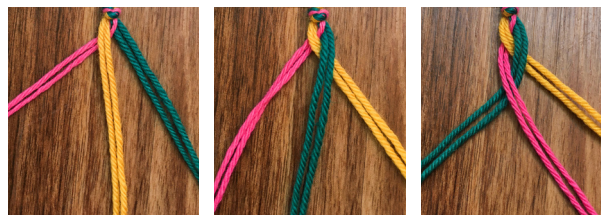
Cut three strands of yarn two feet long each. Fold them in half at the center, then tie a loop in the center.

2



Tape the yarn loop to a table to keep it in place, then divide the strands equally into three sections.

3



Begin braiding: Bring the left yarn section (yellow) over the center yarn (pink) and push to the top, then bring the right yarn (green) over the center yarn (yellow) and push to the top.

4



Repeat the process—left (pink) over center (green), then right (yellow) over center (pink)—until the bracelet is the length you want, but keep a few inches of loose yarn at the end.

5



Tie a knot at the end of the braid. Then make two small braids in the loose yarn and tie a knot at the end of each.

6



Remove the tape from the loop at the top. Place one of the small braids through the loop and tie the small braids together. You just made a courage bracelet!



We'd love to see your work! Snap a picture of your final creation and share with us on Facebook, Instagram, or Twitter using the hashtag #ArtBMAFromHome for a chance to be featured.

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