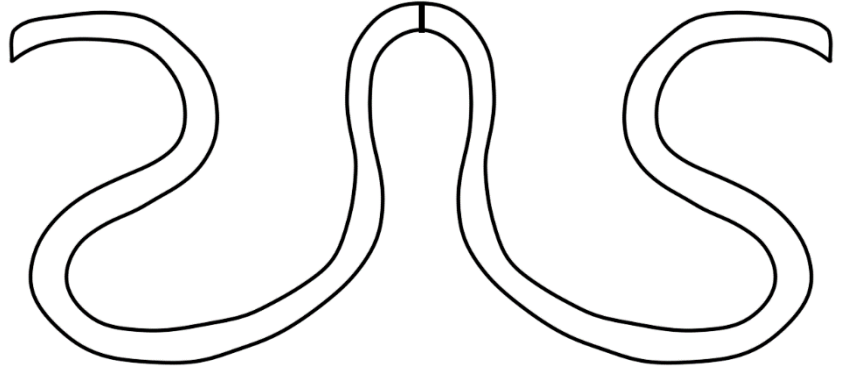


STAY AT HOME ADVENTURES

BRACELET PARACORD CRAFT KIT

Adult supervision is required when using the equipment included in this kit

THIS KIT INCLUDES:



Make sure you colour all the pictures in!

ACTIVITY 1 – WHAT IS PARACORD...? FILL IN THE GAPS

Facts about paracord:

- Paracord has been used by the _____ for decades, its main use was for suspension lines for American paratroopers during the Second World War.
- Paracord is made up of a core of _____ threads, which is inside of a _____ nylon or polyester jacket.
- You can cut paracord without a _____! It can be cut using nothing but itself and some _____ grease.
- Paracord is very lightweight and strong.
- You can use paracord for all sorts of things including:
 - o Shelter building
 - o _____: bracelets, keyrings, lanyards
 - o Bigger Crafting: DIY Hammocks, chairs, steering wheel cover
 - o Injury: arm sling and _____ a splint

blade

seven

Crafting

military

woven

securing

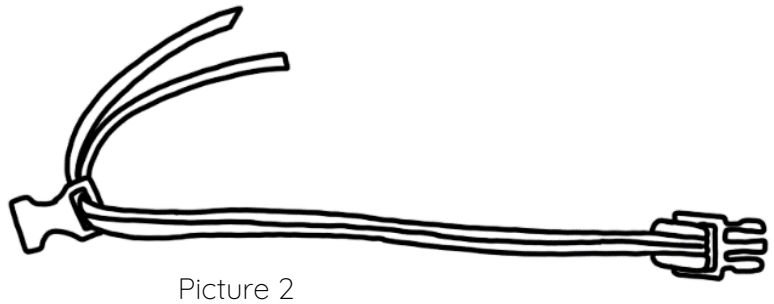
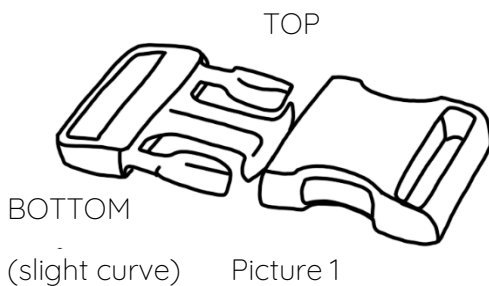
elbow



ACTIVITY 2 – MAKING YOUR PARACORD BRACELET

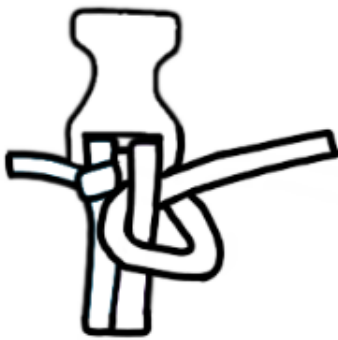
STEP 1

- Look at the buckle and identify the top and the bottom, see picture 1.
- Now unclip the buckle, so you have two pieces.
- Fold your paracord length in half – we have melted the two colours together for you, the join should be in the middle.
- Push the loose ends through the pronged buckle from top to bottom. Then, poke the ends through the loop you have created and pull it so it tightens to the buckle.
- With the other buckle – you just need to poke the loose ends through, top to bottom.
- Now you need to measure your wrist. You may need someone to help you.
 - Clip the buckle together again.
 - Put the bracelet around your wrist and pull gently to fit your wrist. You don't want it too tight or too loose.
 - Unclip carefully so you don't lose the correct length.

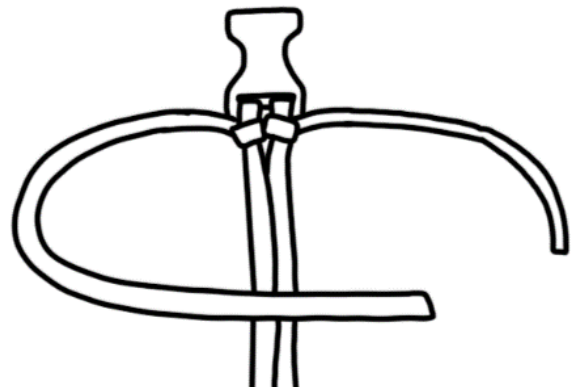


STEP 2

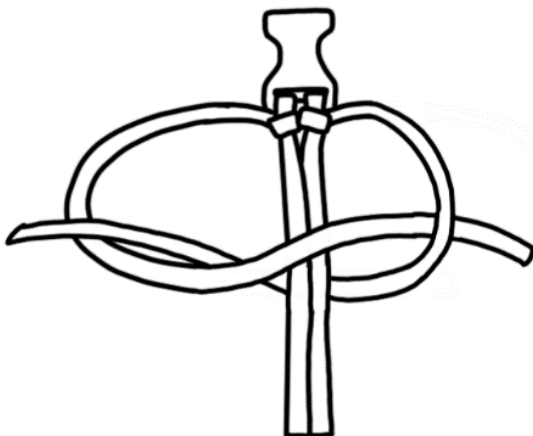
- Firstly, colour in the pictures below and write the colours into the instructions to help you with tying!
- Using a simple knot, tie the two loose ends to the clip like picture 1 below – this will secure them and set the length for the bracelet.
- Double check the length by putting the bracelet on your wrist before you start knotting! Make sure the two cords that form the bracelet are the same length and not twisted.
- Take the (colour 1 - left) _____ end and place it over the centre of the bracelet. Like picture 2.
- Then take the (colour 2 - right) _____ end over the (colour 1) _____ end, tuck it behind the centre of the bracelet and poke it through the loop created by the (colour 1) _____ end, like picture 3.
- Pull this tight and it should look like picture 4.



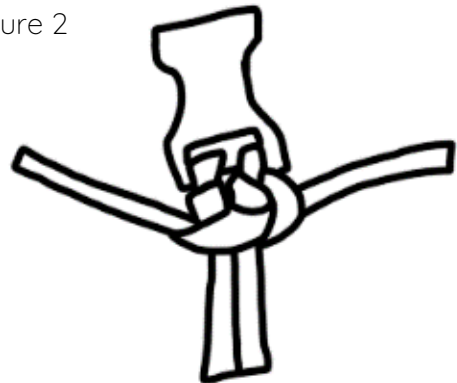
Picture 1



Picture 2



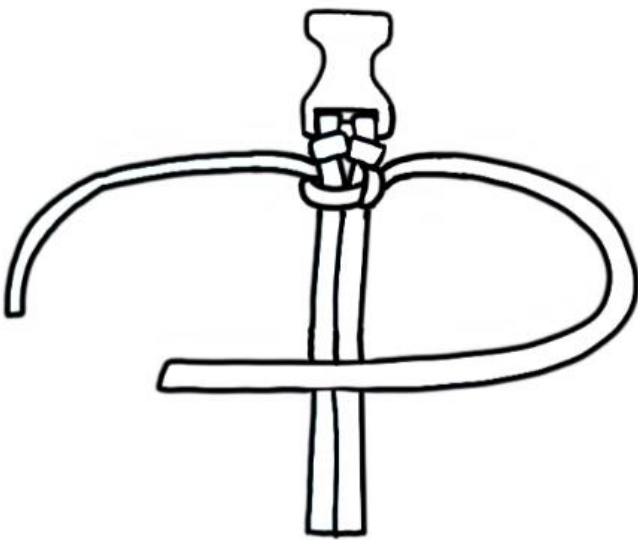
Picture 3



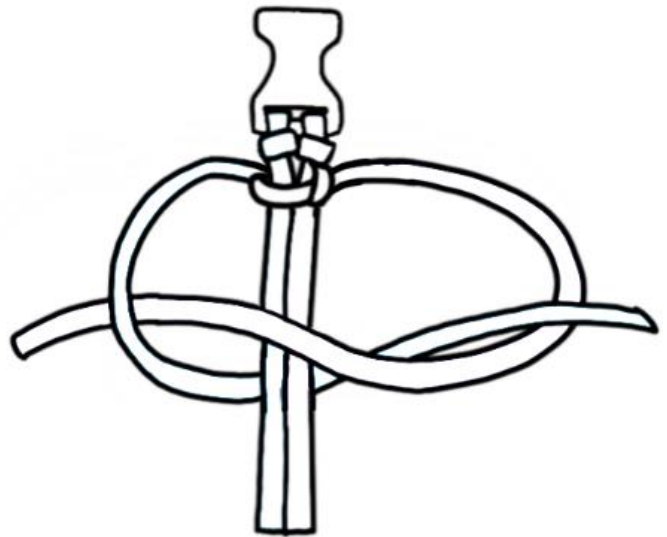
Picture 4

STEP 3

- Again, colour in the pictures below and write the colours into the instructions to help you with tying!
- Now it's time to do it all again. It's similar to step 2.
- Get the (colour 1 - which is now on the right) _____ end and place it over the centre of the bracelet. Like picture 1.
- Then take the (colour 2 - which is now on the left) _____ end over the (colour 1) _____ end, tuck it behind the centre of the bracelet and poke it through the loop created by the (colour 1) _____ end, like picture 2.
- Notice that colour 1 always goes to the front of the bracelet and colour 2 always goes to the back.
- Pull this tight.



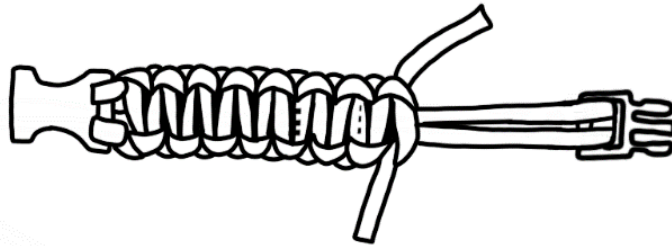
Picture 1



Picture 2

STEP 4

- Now you have learnt the knots – you just keep alternating between step 2 and step 3 until your knots reach the bottom of the bracelet!
- You can slide the knots up towards the buckle for a tight knot look, or keep them as they are for a looser look.
- It should start to look like the picture below – why not colour it in too?
- Once your bracelet is completely knotted to the bottom.
- Trim the ends close to the lanyard and safely melt the ends that are sticking out.

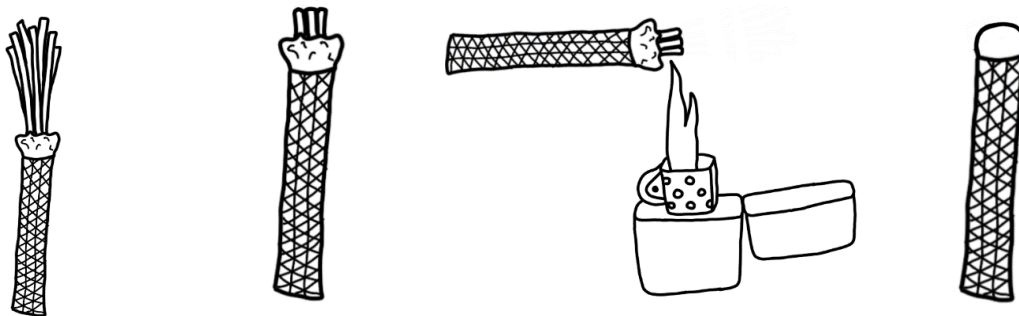


STEP 5 – Safely Melting Ends

You may need to cut your paracord into different lengths to help you build your shelter. Once you have cut your paracord, you'll be able to see the core of threads inside. You need to melt the end to ensure that the core threads do not pull all of the way through – weakening your cord.

You will need adult supervision when melting the ends!

1. You've cut your paracord to the right length. The core threads might be poking out of the end. You need to trim them, so they are much shorter.
2. Using a lighter, candle or gas ring – hold the tip of the cord almost, but not quite in the flame. The ends will start to melt.
3. Keep melting until you get a dome shape of the end. The end will be very HOT and will stick to your skin, so do not touch it.
4. Dunk the end in a glass of water to cool and set it.



WELL DONE!!

You have finished your paracord bracelet! It should look like this:

