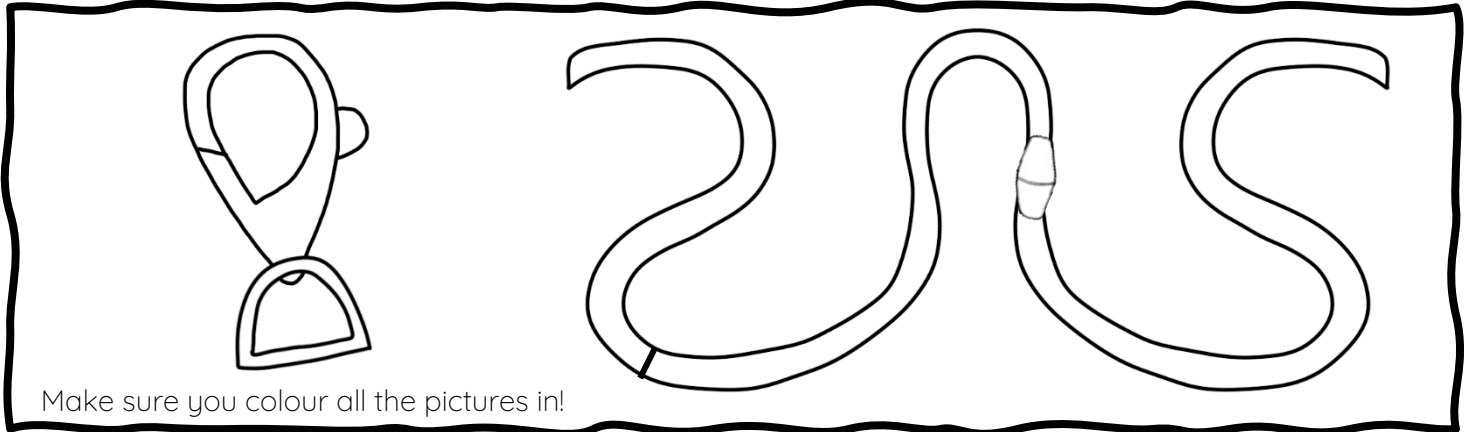


STAY AT HOME ADVENTURES

LANYARD 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

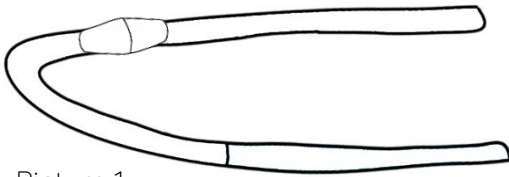
elbow



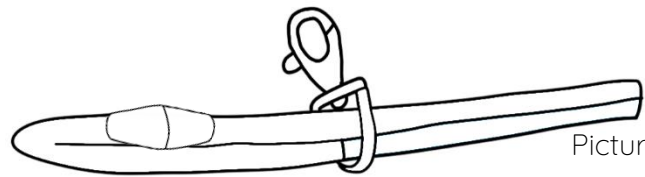
ACTIVITY 2 – MAKING YOUR PARACORD LANYARD

STEP 1

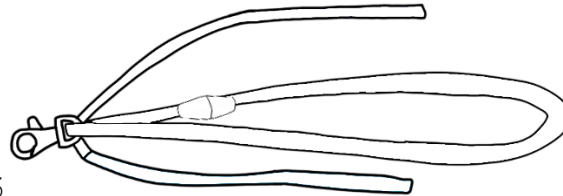
- Firstly, you need the piece of paracord that has two colours joined together – colour in the pictures to help you with the instructions.
- You need to fold the length in half to look like picture 1.
- Now you need to thread on the lanyard clip to the colour join – this should be where the colour join is, like picture 2.
- Fold in half again so it looks like picture 3. You'll have a loop and two loose ends. The loop may be longer than the ends!



Picture 1



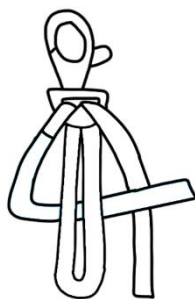
Picture 2



Picture 3

STEP 2

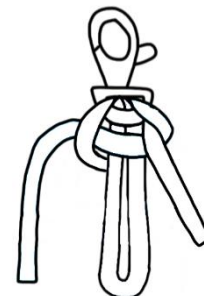
- Colour in the picture and fill the colours in the gaps to help you knot.
- Get the (colour 1 - left) _____ end and tuck it behind the loop and in front the (colour 2 - right) _____ end. Like picture 1.
- Then take the (colour 2) _____ end and take it in front of the loop and poke it through the loop created by the (colour 1) _____ end.
- Pull this tight and it should look like picture 3.



Picture 1



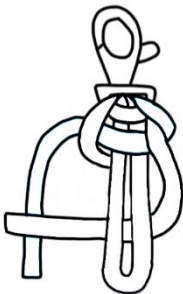
Picture 2



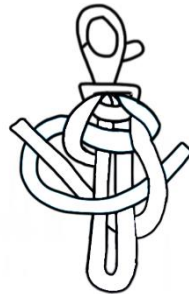
Picture 3

STEP 3

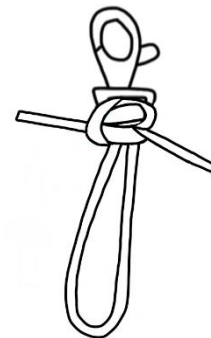
- Colour in the picture and fill the colours in the gaps to help you knot.
- This time it's the same as step 2, just the opposite way round.
- Get the (colour 1 - which is now on the right) _____ end and tuck it behind the loop and in front of the (colour 2 - which is now on the left) _____ end. Like picture 1.
- Then take the (colour 2) _____ end and take it over the loop and poke it through the loop created by the (colour 1) _____ end.
- Notice that colour 1 always goes to the front of the bracelet and colour 2 always goes to the back.
- Pull this tight and it should start to look like picture 3.



Picture 1



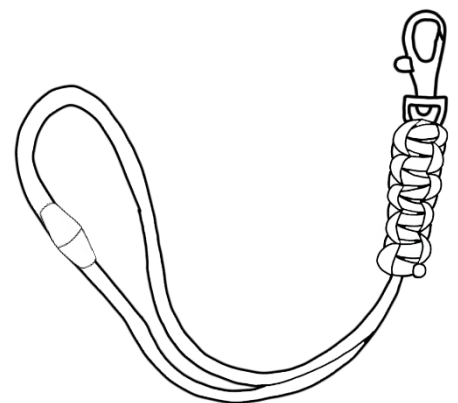
Picture 2



Picture 3

STEP 4

- Now you have learnt the knots – you just keep alternating between step 2 and step 3.
- Keep going until you have either run out of paracord, or it's reached the length you'd like it to be.
- Trim the ends close to the lanyard and safely melt the ends that are sticking out.
- It should look like this:

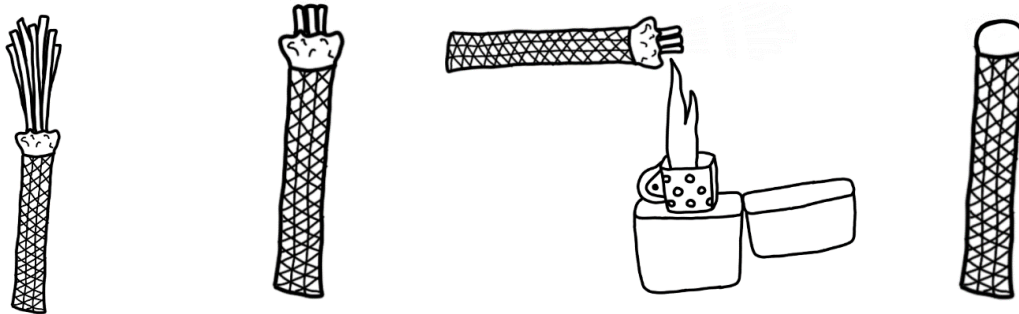


STEP 5 – Safely Melting Ends

Once you have trimmed 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. Once, 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 lanyard! It should look like this:

