



FAST BRACELET CRAFT ACTIVITY

Making FAST Bracelets : An Arts & Crafts Activity

Background

This craft activity should be done in conjunction with the Signs of Stroke: Act Fast Lesson Plan. After students complete the lesson plan and FAST Quiz, this fun activity will reinforce the FAST messaging.

Materials

- Letter Beads for Bead bracelets - There are a variety of letter beads to choose from. The classic ones are white with black lettering and come in round or square shapes. Pony beads are recommended as they are easy for kids to work with because they're easy to thread. You may find these at Michaels, Hobby Lobby or Amazon to name a few sources. Buying a few extra beads is suggested as they could be easily lost during the activity.
- Color Beads- regular colored beads that kids can incorporate to make a decorative, bright bracelet.
- Stretch magic cording
- Scissors (Plastic, kid friendly)



Instructions

Step 1 : Lay out all of the materials in front of each student.

Step 2 : Wrap the cording around your wrist to find the correct size. Cut a piece of cording double the size of your wrist (so you have enough to tie the knot).

Step 3 : Thread on the lettered beads. When threading letter beads, be sure the letters are facing the correct direction.

(TIP: start towards the middle, or with the word, and then add the colored beads to either side.)

Step 4 : Next, tie the cording. stretch magic cording isn't an elastic band, it's cording that has a little stretch to it. The key to using stretch magic cording is in how you tie your knots. You should tie a square knot, and then one more knot over the top of that one.

(Remember : right-over-left, then left-over-right, then right-over-left again, pulling it tight each time.) After you have those 3 tied, If desired, you can add a drop of super glue on top of the knot, then you can cut off the tails.

That's all there is to it on how to make your own beaded bracelet! Try making several to wear stacked for a fun look!

