

Rubber Band Bracelets and Necklaces

Project 7

Supplies and Tools

dowels or pencils (1 for each participant)

Materials

beads (must have large holes)

small rubber bands (the best are the small “no-tangle”
hair bands that are usually available in packs of 100)

Without Bead

Step 1: Beginning the Chain

Fold a rubber band around the dowel or pencil so you have two loops, one on either side of the dowel.

Step 2: Extending the Chain

Thread a second rubber band through these two loops and pull it forward so you have another two loops. Essentially you are creating a chain with rubber bands. The dowel will act as an anchor on one end.

Continue adding rubber bands until you get the length of chain that you want (necklace, bracelet, anklet, etc.).

Step 3: Closing the Chain

When you have the desired length, you’re ready to close off your chain. Slip the ends off the dowel or pencil carefully, making sure your chain doesn’t unravel. You should have two loops at either end of your chain. Gather all four loops together and thread a new rubber band through all four. Instead of leaving the loops at the

end of this new rubber band, pull one loop through the other to create a knot. Pull tightly. Done!

Adding a Bead

There are three variations on this project that allow you to add a bead to your bracelet or necklace.

Option 1: Plain Beading

After your chain has five or six links, carefully thread the beads onto the chain, and then continue with the steps above until finished.

Option 2: Horizontal Beading

In this variation the bead has to be added at the beginning. If the bead is longer than the rubber bands you’re using for the linking process, you may need to use a larger band for this part. Thread a rubber band through the bead. You should have a loop on either side. Thread a second rubber band through one side and pull both ends so you have two loops. Slide these loops onto your

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dowel to use as an anchor. Thread another band through the loop at the other end and continue building your chain as explained above.

Because you'll want the bead to end up in the front center of your bracelet or necklace, build the chain to reach half the distance needed, then tie it off temporarily. Slide the other side off the dowel or pencil and build the chain in the other direction until you have the same number of links on either side of the bead. When you're done with both sides, tie the whole piece off in the manner described above.

Option 3: Vertical Beading

In this variation the bead has to be added at the beginning. Thread a rubber band through the bead, leaving a loop on either side. Pull the ends forward so you have two loops, one on the top and one on the bottom of the bead. Thread a second rubber band through these loops and slide the loops of this second rubber band onto your dowel or pencil to use as an anchor. Thread another band through the bead so you have two rubber bands through the hole. Again, pull the ends so you have two loops and thread another band through these. Build the chain in the same manner as before.

Because you'll want the bead to end up in the front center of your bracelet or necklace, build the chain to reach half the distance needed, then tie it off temporarily. Slide the other side off the dowel or pencil and build the chain in the other direction until you have the same number of links on either side of the bead. When you're done with both sides, tie the whole piece off in the manner described above.

Add-ons (optional)

When you have your bracelet or necklace tied off, you can add additional beads and links for a dangling or charm-bracelet effect.

To do this, take the tail of the tie-off band and use the same technique to tie another band to it. Once you have it as long as you want, slide some beads on. Make a knot at the end big enough to stop the beads from coming off.