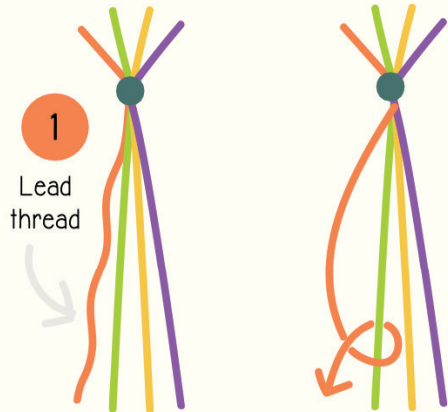


Rainbow rememberer

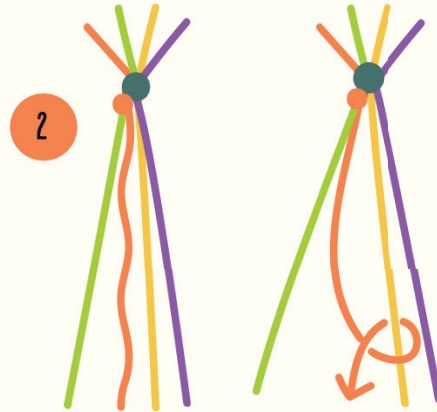
Make a cheery rainbow bracelet for yourself, a friend or someone who you think might need a little help or some good cheer at the moment.



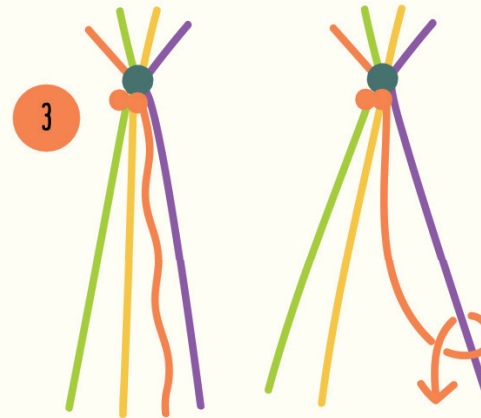
YOU WILL NEED
EMBROIDERY DARNING THREADS
SCISSORS TO TRIM
OPTIONAL BEADS



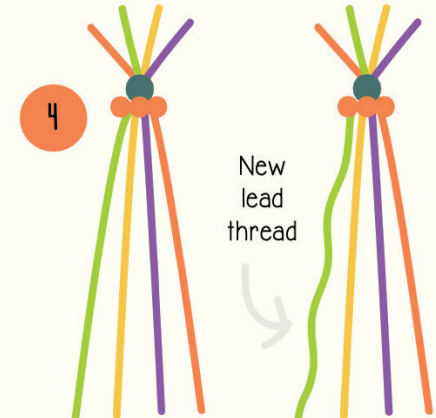
Start with four threads, each a different colour. Secure them together with a bead at the top. Spread the threads out. The thread on the left is your lead thread. Loop the lead thread around the thread beside it.



The lead thread stays the same. Loop the lead thread around the next thread. Make sure you tighten the loop all the way to the top knot, as shown above.



Repeat this looping action with the lead thread until you reach the last thread. The knots will have formed a little row at the top.



The thread on the left becomes the new lead thread. Repeat steps 1 to 3 until you have a full bracelet of little rows!



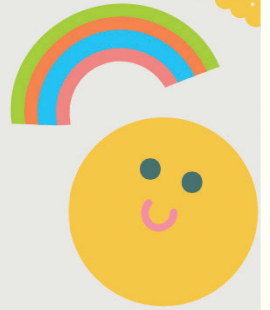
When it fits around your wrist, add a bead to the end ...



... and tie a knot to secure it! Et voilà! Jewellery!

DAILY DARE

Have a cause or charity you'd like to support? Make a bracelet in the campaign colours! Don't forget to put some money in the charity box too.



Find more activities like this one in [#LifeHacks for Happiness!](#)

