

Tell the Story of your Life - bracelet

Fill in the blanks below. Your answers, as you think back over your life, will serve as a guide in selecting colors and types of materials for your bracelet. The birth of a child, the loss of a significant person in your life, the overall tone of your days...all reflect the tapestry of your life. For example, if you love nature, you might choose more green stones and if you've spent a lot of time around and in the water, your bracelet could have a lot of blue.

Wearing your bracelet will give you opportunities to tell your story. The Story-of-Your-Life bracelet will be an heirloom to leave behind, not because it is the most expensive piece of jewelry you own but because you made it yourself and because it is a reminder of who you are. These bracelets also make good gifts for those you want to honor by telling their stories or by helping them create their own bracelets.

GATHER MATERIALS:

- 8 mm beads in colors and materials that speak to you (semi-precious gemstones are especially beautiful but also think about natural materials such as wood)
- 4 or 6 mm beads or silver spacers, if you choose to use these in your design
- Memory wire (comes in general sizes; find at hobby stores or online)
- Beading mat or other work surface that prevents dropped beads from rolling
- 5-inch flat, round, or needle-nose pliers (with wire cutter on the side)

CREATE YOUR DESIGN:

- Before beginning, experiment with different arrangements until you are satisfied with your design.
- What special events do you remember? Ideas include birthstone colors, stones that you love, unique stones that remind you of people in your life...let your imagination go as you fill in the blanks on the back of this page and add your own ideas.



Special events from childhood:

School colors: _____

Family traditions or events:

Important birthstones:

Holidays or vacations: _____

Darker days or memorial stones: -

OTHER IDEAS:

MAKE YOUR BRACELET:

Separate three to five loops of wire from the roll.

Use the wire cutter on the side of the pliers to cut those loops free.

Carefully grasp one end of wire with the nose of the pliers and roll the wire to make a small loop. This will keep beads from sliding off as you string them.

Thread beads and spacers onto the wire from the straight end in the order your design dictates.

Tighten the beads to make sure there are no gaps.

Check your design.

If everything looks good, make another loop with the nose of the pliers, bending the straight end of wire into a small loop just as you did at the other end.

Wind your bracelet around your arm.

Enjoy! And when you feel like you can't take another step or when you need encouragement and hope, look at your bracelet. It is a reminder that you are not alone.