

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

Family Bracelets

Create memory bracelets unique to your family members

Included Materials:

- Beads (assorted)
- String
- One set of toggle clasp per bracelet (you can also use other types of clasps)

Needed Materials:

- Scissors

Instructions:

1. Use caution when doing this activity with young children. Beads can pose a choking hazard.
2. Measure wrist length by wrapping a piece of string around your wrist.
Wrap it as loose as you would like to wear your bracelet and an extra inch of material to tie on the clasp.
3. Tie the half-inch end of your string tightly to one part of the clasp.
4. Decide what colour and pattern of beads you would like and string them on the string accordingly. Leave about a half-inch of string to tie around the other part of the clasp.
5. When you are finished adding the beads, tie the other half-inch end of your string tightly to the second part of the clasp.

Tips and suggestions:

- Decide as a family on a single pattern for your family bracelet.
- Use beads that represent each member of the family. These beads can be based on a particular colour, shape or type of bead that a family member likes.