

How to Make: Intentions Bracelets

Focus on positivity and your heartfelt desires with an intentions bracelet. Bracelets can be made with both traditional glass, wood or plastic beads, and paper beads you make.

SUPPLIES & TOOLS

- Glue (preferably Mod Podge; note: this can be purchased at the Dollar Store)
- Glass/wood/plastic beads with a minimum 1-mm hole
- Stretch cord (1-mm diameter)
- Decorative paper
- Ruler
- Scissors
- Toothpick
- Paintbrush
- Pen or markers

APPROXIMATE COST: \$15-\$35



DIRECTIONS

1. Measure six to ten 1-cm wide sections on back of the decorative paper. Sections can be any length. The more paper, the thicker the bead will be when rolled.
2. Cut the 1-cm wide strips.
3. Write a positive word, prayer, affirmation, scripture, thank you, or note in each bead.
4. Using the toothpick, roll the strip into a bead and secure the end with glue. When dry, add a thin layer to the outside of the bead to make it water resistant.
5. Measure around your wrist with the stretch cord, leaving at least one extra inch to tie off.
6. Pick out your accent beads and string them with the paper beads in any pattern you like.
7. Tie off and wear!



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