

# Simple Elastic Stretch Bracelets

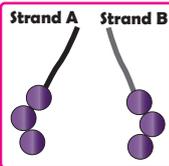
## Materials needed for this project

- Stretch Elastic

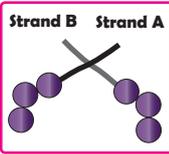
- Beads of your Choice

### Knotting Bracelet Elastic

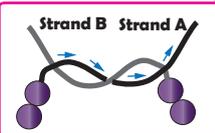
**Step 1.** Hold the end of strand A in your left hand and the end of strand B in your right hand.



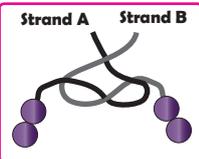
**Step 2.** Then Cross A over to form a X.



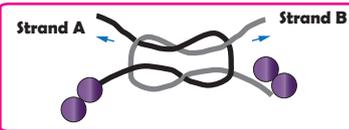
**Step 3.** Wrap A once around B, like the first step of tying a shoelace. A will now be on the right and B on the left.



**Step 4.** Cross A under B, forming another X.



**Step 5.** Now wrap A around B again and pull to tighten the knot.

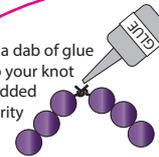


### Before you start....

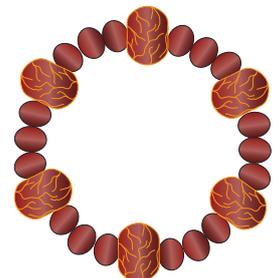
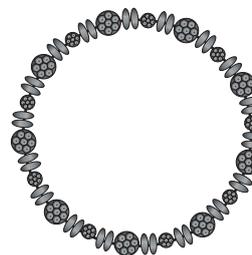
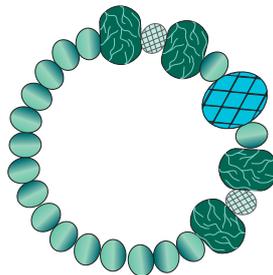
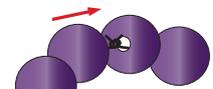
There are different thicknesses of round elastic. The most popular sizes are 0.6, 0.8 and 1mm. I use the 0.8 the most for all projects, the 0.6 is for smaller beads like seed beads or 3 or 4mm beads and the 1mm is for larger heavier beads. You can use any beads you like or even use a hanger bead or closed ring on your bracelet and add a charm to personalise your bracelets. Think about the beads you are using as you can use bead mixes or smaller and larger beads to make pretty patterns. The possibilities are endless.

### Top Tip...

Add a dab of glue onto your knot for added security

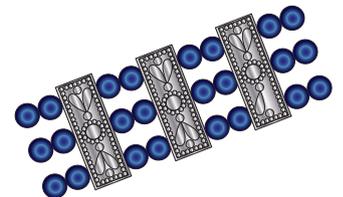
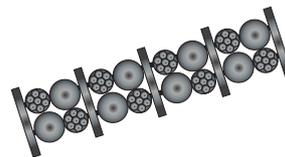
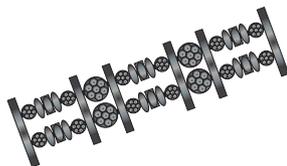


If your bead holes are large enough, add a dab of glue and pull knot inside 1 of your beads to hide the knot completely.



### Before you start....

Once you have mastered the single strand elastic technique, you could try out some divider bars or 2 hole beads. For this round elastic I would only do 2 or maximum 3 rows and 6m or larger beads. You need to have the same size of beads (if you use a mix then use the same number and size of beads), this is important as you want each row the same size so your bracelet won't look out of shape or wonky.



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