

# Gratitude Keychains by Sara Keeping

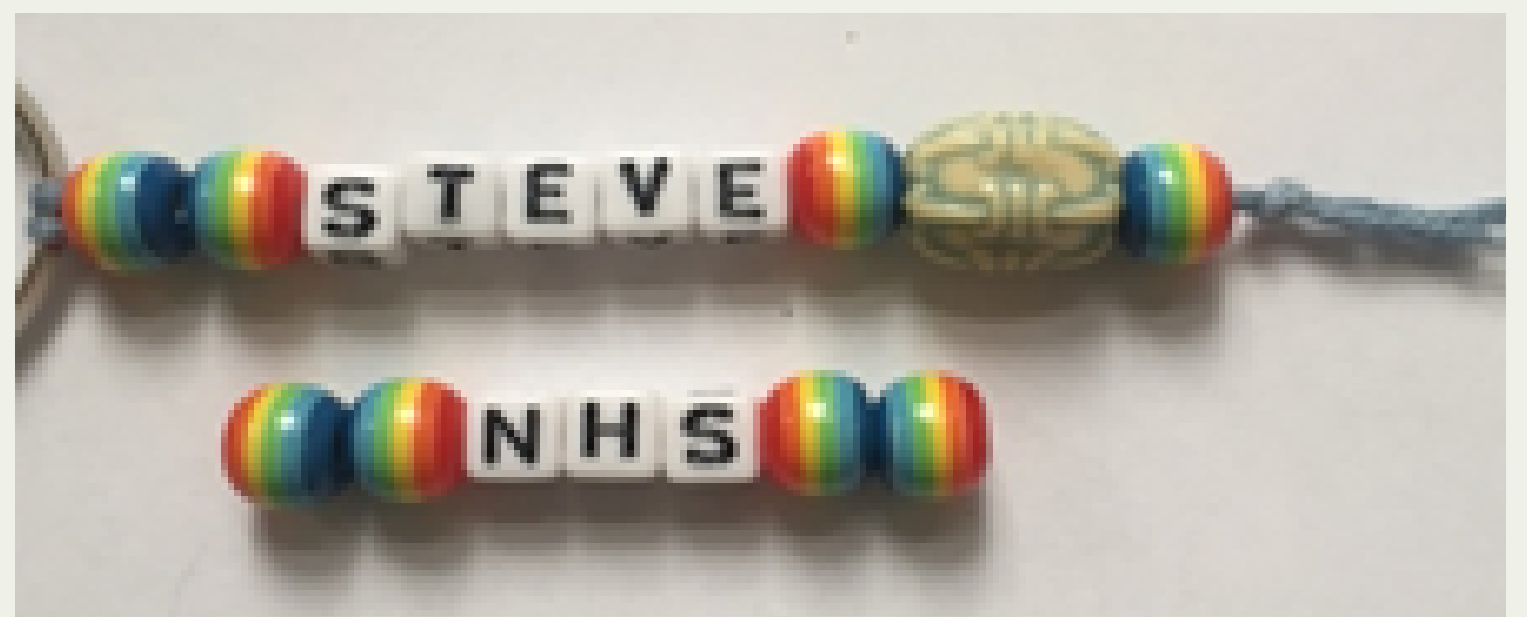
## You need:

- Colourful thread (embroidery thread is best)
- Scissors
- Keychain rings
- Assorted coloured beads with large holes
- Alphabet beads with large holes
- Transparent nail varnish
- Ruler

## How to:

**Step 1:** Work out your design. Relax and enjoy playing with the colours, shapes and textures of your beads. Try different combinations and see what you can discover. You can take photos of each design to keep for inspiration. You can use the alphabet beads to create a name or a positive message.

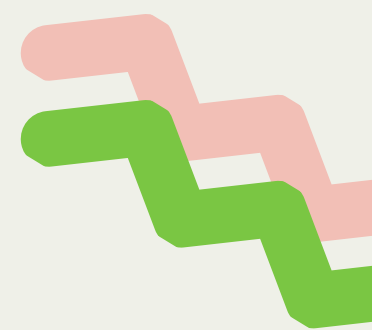
**Step 2:** Lay the beads out in your design and measure the length. Cut a piece of thread to your measurement twice the length that you will need for your design plus a couple of inches. You will need the extra thread for knotting and securing the beads and to make a little tassel at the end. At this stage, you can add a slick of nail varnish to the very ends so that they won't fray. Allow the varnish to dry.

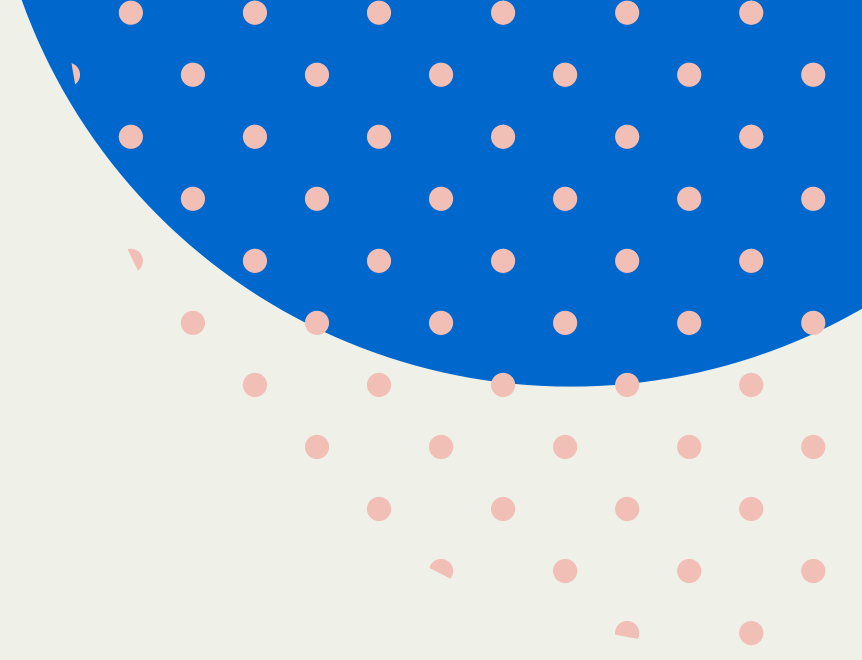


**Step 3:** Fold the length in half, place the fold through your keyring to make a loop and tuck the two ends through and tighten to make a knot, making sure that both ends of the thread are the same length.

**Step 4:** Now you can start beading. Don't rush this part, you can even give your arms and hands a little shake to help you relax before you start. Thread the beads through both strings. When you have finished, make a secure knot at the end. Trim the ends. Take your time to enjoy threading each bead and to appreciate your design as you work on it. Enjoy the restfulness of the activity.

**Step 5:** To make the Tassel. Cut several lengths of embroidery thread fold them over the keychain ring taking care that the ends are all the same length. Cut a piece of thread and wind one end round the lengths (at the top by the keyring chain) wind it tightly several times and make a firm knot with the other end to complete. Give the knot a slick of nail varnish to secure it





## Top Tips:

- **You don't have to go very far to find beads. Look through your jewellery box for unwanted beads or charms. You can find them easily online. Charity shops are bursting with beaded necklaces and jewellery and it's very satisfying to upcycle some beautiful beads that you have discovered.**
- **Try making tassels with other threads, coloured ribbon or wool or strips of upcycled fabric. Play with different textures and colours together.**

