

Hemp is a plant used for making rope



Ropey Friendship Bracelets

Did you know that rope has been made in Bridport for about 800 years?

Have a go at making a hemp twine friendship bracelet!

1. Chose 4 colours and cut them into lengths approx. 80cm long. Fold in half and tie a knot in the top.
2. Place through the cardboard 'loom', putting one thread in each slot. Cut the last one at the knot and leave one slot empty.
3. Holding the empty slot at the bottom, count the 3rd thread up from the right, and place through the bottom slot. Twist the loom and do the same again.
4. Your braid should come out of the other side!
5. Tie on a button to create a clasp.

Grown-ups: upload your pics and tag us
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