

Paper memory beads

These paper beads can be made to represent memories, people, or things that bring comfort. You can write a list of memories or names of people on the inside of the bead. The writing will be hidden once the beads are completed, so it will be private and personal.

Supplies

- Colourful paper (calendars, magazines, etc.)
- Scissors
- Glue
- Pen or permanent marker
- Toothpick
- *Optional:* clear nail polish, beads

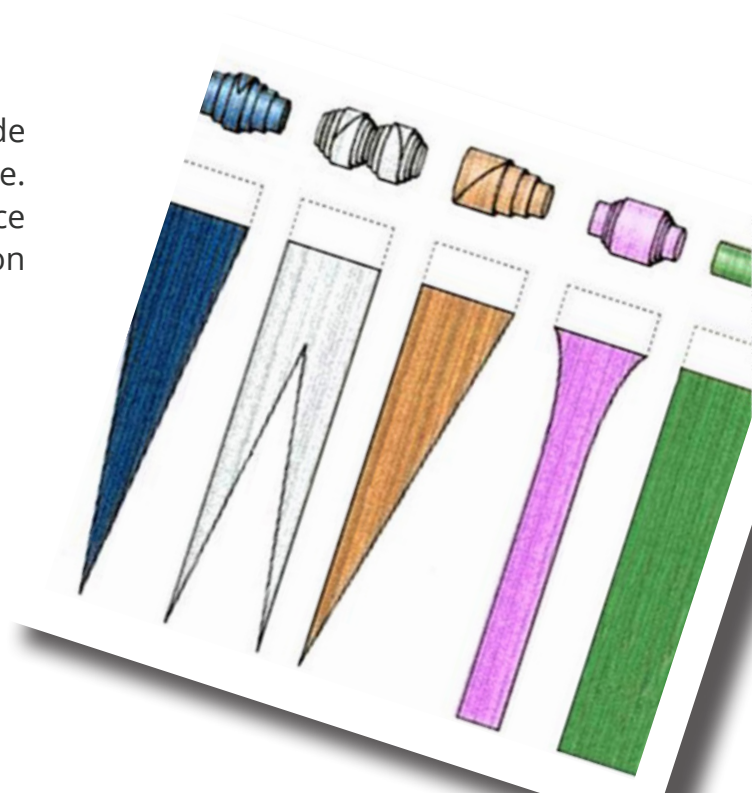
How to make it

Step 1: Choose paper

- Cut the paper into triangles that are long (6-18 or more inches) and narrow (0.5-1.5 inches at the widest point). Each triangle will make one bead.

Step 2: Write your memories

- Lay the triangles colourful-side down to write on the other side. Write one memory, name, source of comfort or strength, etc., on each triangle.



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Step 3: Make the bead

- Lay the toothpick at the wide end of the paper and roll the paper around it as tightly as possible.
- Glue the last inch of the narrow end of the triangle and finish wrapping it to complete the bead.
- Hold the end down for a few seconds to let the glue stick. Remove the toothpick.

Step 4: Seal the beads (optional)

- When the beads are dry, seal them with clear nail polish or more liquid glue to make them water-resistant.

Step 5: String the beads

- When the beads are dry, string them together to make a necklace, bracelet or keychain.
- Add other beads between the paper beads for decoration.

