

## 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

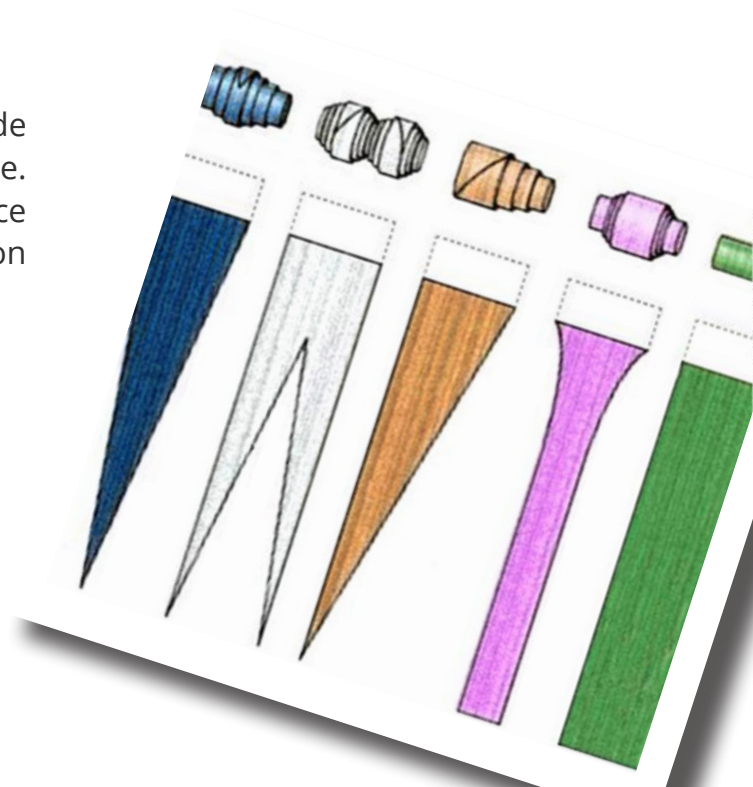
### How to make it

#### 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.



## Paper memory beads - continued

### 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.

