



Look at the resource below, which shares some information about the history of friendship bracelets.

Friendship bracelets are ancient. Different versions of them are thought to have originated in many parts of the world. The decorative knots can be traced back to China over 2000 years ago, but it is the indigenous communities of Central and South America that are widely recorded as the first to use friendship bracelets in the way we do today.

In the 1970s and 80s, friendship bracelets rose in popularity. They were used to symbolise peace, love and people uniting.



Loom band bracelets.

Bracelet-making kit.



What were friendship bracelets made from?

Macrame is the process of tying knots into creative and decorative patterns. Ancient friendship bracelets were created using this process. Materials such as grasses, animal fibres or brightly-coloured string could be used.

In the 1970s/80s, it was popular to craft them using embroidery floss or cotton thread. Some were embellished with beads or charms.

In the 2010s, loom band bracelets became a trend. The elastic bracelets were collected, swapped or given to friends.

**Were you aware of the origins of friendship bracelets?
Does anything surprise you? Do you have any questions?**