

WORLD FOOD & MUSIC CELEBRATION



KENYAN BEADING BRACELET

Beading has been a symbol of Kenyan national pride and various traditions for generations. Intricately beaded necklaces and collars are worn by women and offer clues to their marital status, health and even number of children.

Josie Shaw, CultureALL Ambassador, Kenya

MATERIALS NEEDED: For one recycled paper bead bracelet you will need the following materials:

- 1 page from an old magazine, junk mail, calendar, brochure, or gift-wrapping paper
- Scissors
- Clear nail polish (optional)
- Additional beads (optional)
- Glue stick
- Wooden toothpicks
- Small piece of Styrofoam
- Chenille stick (about 9-10")

INSTRUCTIONS:

1. Tear or cut the page from the magazine (calendar, brochure or gift-wrapping paper, etc.) that you have selected. Using scissors, cut the page into 1/2" strips. (approx. 1/2" by 7-8") You may cut the entire page into strips or cut at least six for the bracelet. Cut each strip in half on the diagonal. To make one mixed bead bracelet, use 8-12 diagonally cut "triangle" shaped pieces of paper.
2. Take a toothpick and one paper strip. Roll the WIDE end of the paper strip completely around the toothpick ONE rotation. Next, take the glue stick and quickly cover the remaining paper surface with glue. Run the glue stick over the paper twice. You may need to wipe any excess glue from your hands if they get too sticky!
3. Completely and TIGHTLY roll the paper strip around the toothpick. Smooth the tip/end of the paper strip in place. Next, slip the paper "BEAD" off the toothpick. OPTIONAL: You may add a gloss coating to the beads. It seems to harden/cure the paper and helps the bead to be more water-resistant (ex. if water splashes onto the bracelet when washing your hands).
4. Select a finished/glued bead. Place upon a toothpick and "polish" with the clear nail polish. Stick a row of the toothpicks containing the polished beads in a piece of Styrofoam so they may dry without touching the table top or each other.
5. After the beads are dry, inspect each one and use the scissors to trim away any tiny paper tags that are not completely glued/ sealed in place. String your beads onto the chenille stick and wear as a bracelet.

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SEPT. 12 - 20

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