

MAKE A BRACELET FROM NYLONS:

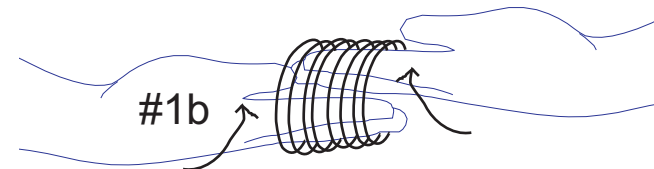
You will find nylons & more ideas on to use them at: http://www.bannermanfamily.com/hose_play.htm

Use these instructions to make: child bracelet (15 loops); adult bracelet (20 loops); child headband (30 loops); adult headband (40 loops)

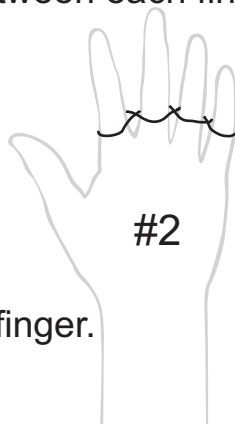
1. Stretch cut nylons into tubes by putting 5-10 at a time on your finger/s. Stretching and rolling the cut nylons together, instead of one at a time, into tubes helps them to be the same size.



2. On your non-writing hand, load one tube around 4 fingers. To load a tube on your fingers, twist the tube between each finger. Always hold the palm of your hand toward you.



3. Load another tube. Then pull each lower loop over each top loop and off of each finger. Repeat until you have used all the tubes. You will never have more than 2 loops on each finger.



Waste Hose
Hanes Brands Inc.
Attn: Nancy Terry
1904 Clark Road
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4. To finish, find and load 4 loops from the first tube you loaded. Check to make sure you have an untwisted bracelet/circle.

To find more instructions type "nylons" in the search bar at:

5. Pull each lower loop over each top loop and off each finger.

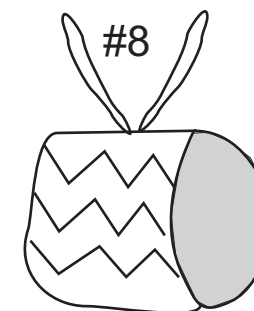


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6. Move each of the outside loops to the closest middle fingers.

7. Pull each lower loop over each upper loop.

8. Pull on the two remaining loops as you remove them from your fingers. Tie the loops together to form a small bow.



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