

# Family Body & Mind Night Activity

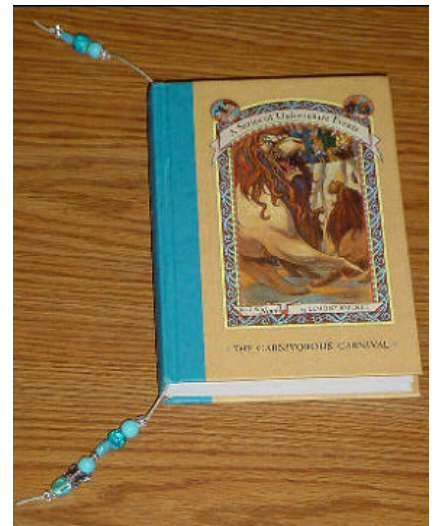
## Make a Beaded Bookmark

### Supplies

- 18 inches of hemp cord
- various beads with holes big enough to fit over the cord
- ruler

### Step #1: The First Knot.

Place the first knot about 3 inches from one of the ends.



### Step #2: Bead the Cord End.

Bead the end of the cord for about 1-1/2 inches. Place a knot at the end of the beads.



### Step #3: Placement of the Next Knot.



Going from the top of your beads to the other side of the cord, make a knot ten inches away. This should give you ten inches between beads.

### Step #4: Beading the Second End.

Bead about 2 to 3 inches of beads on this end, it will be considered the "bottom" of the book end. Knot off when you are finished beading.

### Step #5: Finishing Touches.

Trim the ends of the cord to 1/4 of an inch away from the end knot on both sides. Enjoy.

