

School District #58 (Nicola-Similkameen)

First Nation Support Worker Crafts

Grade Level: Elementary-
Intermediate
Middle School

Activity: Metis-inspired Sash Bracelet

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Lesson Plan		
Objective: (Specify skills/information that will be learned.)	Students will: Students will learn how to braid wool strands and sew them together to make a miniature Metis sash.	Materials Needed
Procedures:	<p>1) Cut 3 strands of wool of each colour, around 50 cm long. (If you use three different colours, for example, you will have nine strands of wool all together)</p> <p>2) Take 3 strands of the same colour and tie them with a knot, leaving about 5 cm of fringe at the top. Do the same for each of the other colours</p> <p>3) Braid each group of three strands. When the braid is long enough to slip over your wrist, tie the braid off with a knot. Trim the excess wool, leaving enough to make a fringe (5 cm).</p> <p>4) Sew each of the braids together, one by one.</p> <p>5) Trim the fringe so that it's all one length.</p> <p>6) Sew the two ends of the bracelet together. You now have a bracelet that resembles a miniature Metis sash.</p>	<ul style="list-style-type: none"> • Coloured Wool (Thicker is easiest) • scissors • Needle (Medium or large size) • Thread or embroidery string

Notes: (Assessment Criteria, Time Needed, Other Resources)



Photo of Activity