

Pop Tab Accessories

Program Description: Teens will use aluminum can tabs to create bracelets, necklaces or other accessories. Ribbon or string is woven through the tabs to create a pattern and hold the tabs together.

Materials:

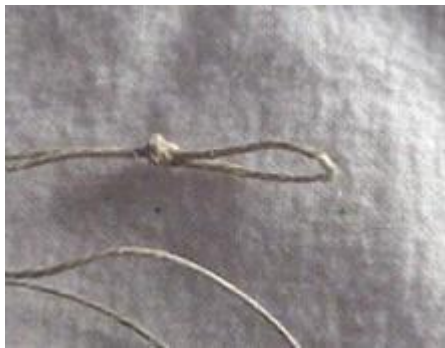
- Aluminum can tabs (lots!)
- 1/8" wide satin ribbon in a variety of colors
- Hemp craft string
- Woven cotton cording in a variety of colors
- Small cups or bowls to hold the aluminum tabs
- Scissors
- Beads or buttons

Tips:

- Collect aluminum tabs from friends, family and co-workers. Wash them in warm soapy water and dry completely before making the bracelets.
- Put about 20-25 tabs in a cup for each teen, this is the approximate number they will need to make a bracelet.
- Have a variety of stringing materials available. What you use to string the tabs together really "makes" the bracelet and changes the style dramatically. Have a guy friendly option.
- Be sure the beads and buttons you use to finish the bracelets have holes large enough to thread the ribbon and cord through.
- The small circle of aluminum that connects the tab to the can should be completely removed, if still attached wiggle it back and forth until it snaps off.
- When making the bracelet, layer the tabs so that the rough under sides of the tabs face each other. This will prevent any jagged or sharp edges from scrapping the inside of the wrist.
- Make an example ahead of time. The instructions for finishing the bracelet with a bead are vague. I just tied a knot that was hidden once the bracelet was on.
- Demonstrate how to make an entire bracelet. After you demonstrate walk around and correct mistakes as you see them happening. Almost everyone will have trouble at first.
- Making a second bracelet takes a lot less time. If you have enough tabs, let everyone make two.
- This basic pattern can be used to make anklets, choker necklaces and even belts.

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Instructions:



1. first you take about 35" (about 4 loose wrist lengths) of string. i use hemp but any kind of string would work, i think. fold it in half and make a loop as shown below.



2. now, take your first pop tab and put one side of the string through the top hole and the other through the bottom hole.



3. put the top string down through the bottom hole and the bottom string down through the top hole so it makes an x. this will hold the first tab in place.



4. next take your second tab and hold it half way under the first as shown below.



6. stack the next tab halfway on top of the under one. put the top string through the overlapped top holes. do the same with the bottom string on the bottom holes.

7. continue repeating steps 4, 5 and 6 until your bracelet is long enough. 20 tabs is about 7 1/2" including the closure.



8. now put the top string down through the top hole (or up if the last tab is on top) and the bottom string through the bottom hole.



9. tie a slip knot.



10. add your bead or button or whatever you're using to close the bracelet and you're done!



Instructions taken from http://community.livejournal.com/bracelet_whore/2071150.html