

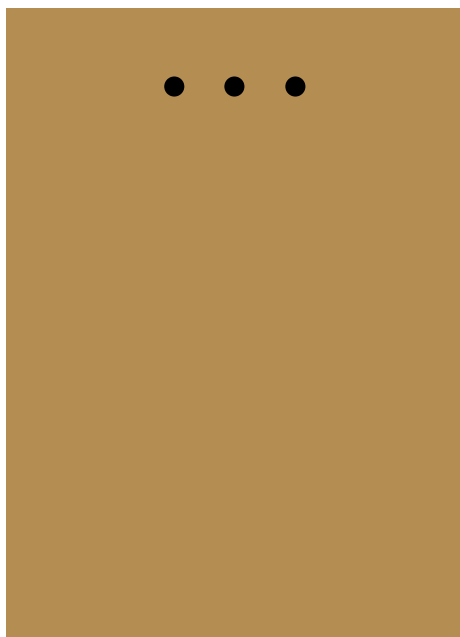
ACTIVITY 1: STRAW PLAITING

YOU WILL NEED:

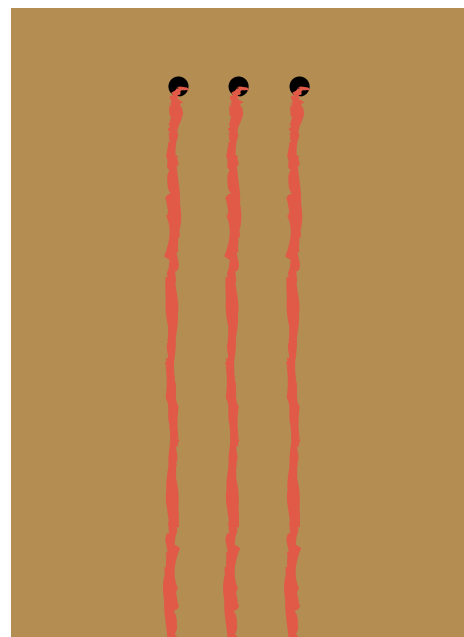
- An A4 size (or about) piece of card(board) per plait
- String or wool
- Scissors and a pencil (or similar) to make holes in the card

INSTRUCTIONS

1. Take your piece of card(board) and get an adult to help you pierce 3 and/ or 5 holes in a line at the top, see picture below.
2. Thread through the string and tie a knot at the back to secure.
3. Start plaiting by following the instructions on the next page.



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ACTIVITY 1: STRAW PLAITING

INSTRUCTIONS THREE STRAND BRAID

- Pick up the right hand strand and move over the middle strand so it is now in the centre.
- Next, pick up the left hand strand and move that over the middle strand so it is now in the middle.
- Repeat these steps until you have used up all the thread.



INSTRUCTIONS FIVE STRAND PLAIT

When completing the five strand plait, you need to remember the following rhyme; over one and under two, pull it tight and that will do.

- First, pick the furthest right hand strand before moving it over one strand and under the next. The strand you were holding should now be in the middle.
- Next, repeat these steps again, this time using the furthest left hand strand. As you start each step, if you keep alternating between the furthest left and the furthest right hand strand.
- Repeat until you have used up all the thread.

