

Tape Bracelets

Modified activity from Life Lab

For ages 3+ (the more the merrier)

Make a decorative bracelet using tape and bits of nature!

Be creative and artistic with painters' tape or masking tape, and a little imagination. The goal is to make the most interesting or pretty bracelet possible. You will wear sticky tape on your wrist and go outside in search of neat things to stick onto it.

Let's begin. With the help of an older friend or parent, have them wrap a piece of tape around your wrist STICKY SIDE UP. It's best to wrap tape around your non-dominant wrist. (That means if you are right-handed, put the tape on your left hand, and vice versa.)

Once this is done, you're ready to go outside, but first, some rules. We don't want to "use up" all the pretty things in nature. We want to leave some for others—birds, insects, humans and more. So, before you pick, count. If there are more than 10 of whatever you are interested in, you may pick it. Otherwise, leave it alone. Once it is picked, stick it securely to your tape, pressing hard. If it's too big and won't stick, pull off part and stick the parts on. Flowers with many petals, like dandelions, can have their petals pulled off and stuck to the tape in nice designs. Create patterns on your bracelet, and challenge someone to describe the pattern. Look for only warm colors or cool colors. Find interesting leaves with cool vein patterns. Tiny twigs, moss and lichen are also fun.

When you're done, show off your creation. Take a picture and share it.

Just have fun and enjoy nature!



Here's a video from Life Lab

<https://www.lifelab.org/2020/03/tape-bracelets/?hilite=%27tape%27%2C%27bracelets%27>