

Fishtail Braided Bookmark Instructions

Purpose:

These instructions teach the knot and pattern needed to complete a fishtail braided bookmark. The process should take 7-10 minutes, but time will vary based on the length of bookmark.

Materials Needed:

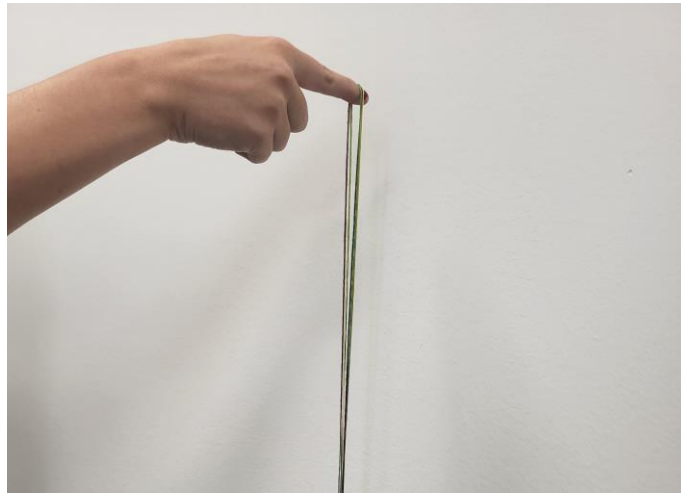
- **Embroidery floss** or thin yarn in three different colors (around 20 inches per strand)
- **Tape** or a **clipboard** to hold the bookmark in place while you work
- **Scissors**
- **Ruler** or **measuring tape** to measure your strands

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Step 1: Prepare the Strands



1. **Cut the floss.** Cut **three** different colored strands of floss, each about **20 inches** long.
2. **Fold the strands in half.** With your left hand, pinch one end of each color, and with your right hand, pinch the other ends. Then, bring both sets of ends together and pinch the fold. You should now have six strands of equal length (two of each color).



3. **Tie a knot**

Pinch the floss with your left hand about six inches below the fold, with the fold hanging to the right.



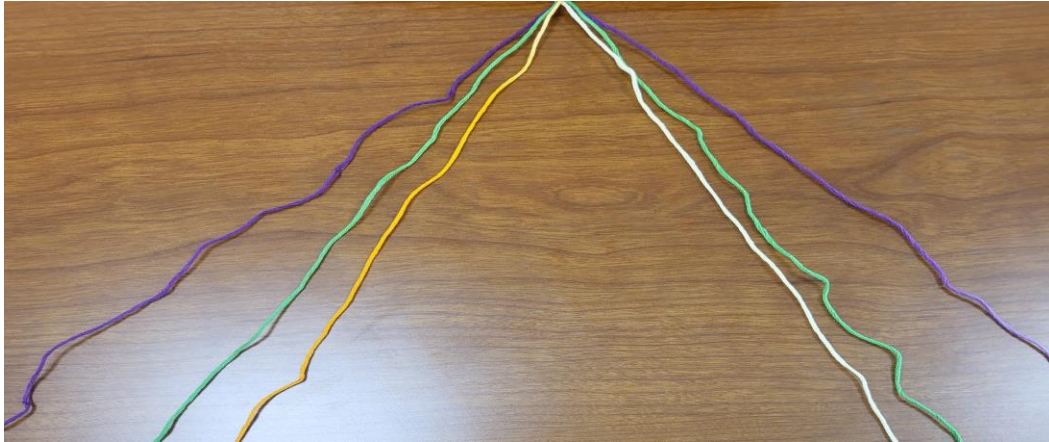
<p>Pinch the fold with the same hand to create a loop.</p> <p>With your right hand, twist the loop 180 degrees counterclockwise.</p>	
<p>Thread the fold through the twisted loop to create a knot. Slide the knot to about ½ inch below the fold and pull both ends to tighten it.</p>	

4. **Secure the loop.** Use tape to secure the loop created by the knot to your workspace. This will keep the bookmark stable while you braid.

Step 2: Separate the Strands

1. Separate the strands into **two equal groups**, one on the right and one on the left. For example, using three colored strands (folded, so six strands total), put one strand of each color into each group.
2. One color's strands need to be on the outside of either group with the third color's strands on the inside and the second color's strands between those two. From the left-most strand to right-most strand the strands appear as:

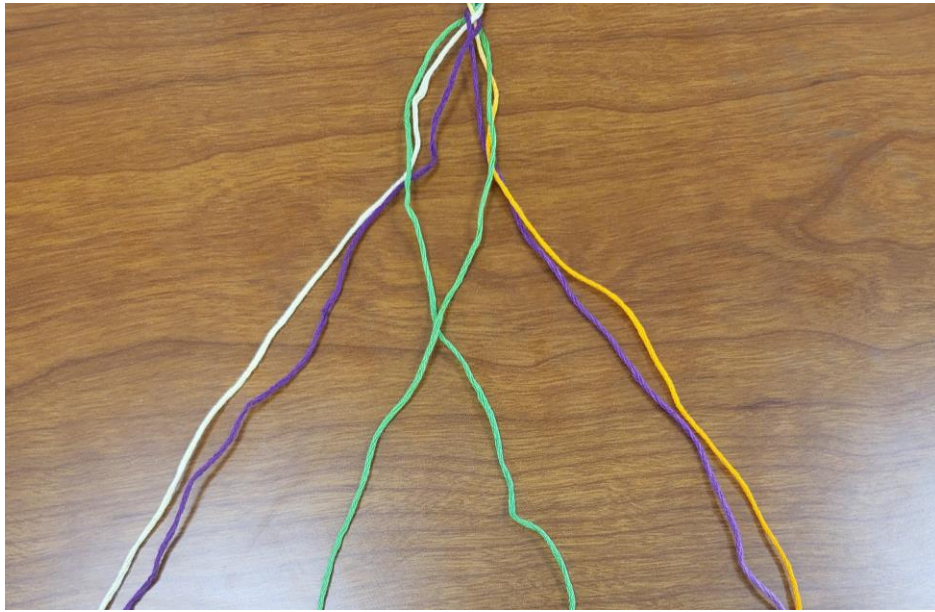
Color 1 → Color 2 → Color 3 → Color 3 → Color 2 → Color 1



3. Keep the stands fanned out to increase the ease of later steps.

Step 3: Start the Fishtail Braid

1. Take a strand from the outer edge of the **right group** and cross it over to the inside of the **left group**.
2. Next, take a strand from the outer edge of the **left group** and cross it over to the **right group**. This should create an “X” shape.





3. Pull **both strands** you have moved **tight** to keep the braid neat.



4. **Repeat** this process, alternating sides until the bookmark is your desired length:
 - a. Take the outer strand from one group and cross it over to the other group. It will now be the inner strand in the opposite group.
 - b. Make sure you are pulling the strands tight each time to keep the braid looking neat and consistent.

Step 4: Secure the Design

1. Once the braid is the desired length, create a knot similar to step 1:

<p>Create an “n” shape with the unbraided string with the braid on the left</p>	
<p>Pinch the “n” and twist counterclockwise to create a loop</p>	

While still pinching bring the braid over and through the loop



Pull tight to create a knot



2. Trim any excess strands to your desired length to end your bookmark with a frayed tail. You have now completed your bookmark!



Tips:

- Use different colors or textures of floss to create interesting patterns and unique designs.
- If the bookmark starts to fray, you can apply a small amount of clear nail polish or glue to the ends of the floss.
- This design can be used to create a friendship bracelet, a hair braid, or a keychain!

Chat GPT Instructions 10/7/24

Prompt: give me a set of instructions for how to make a fishtail braid friendship bracelet