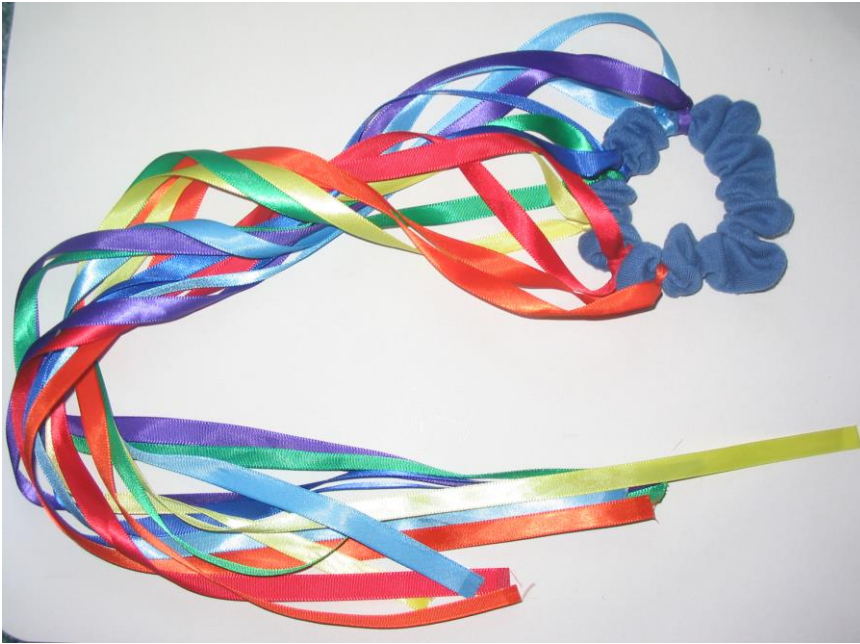


To Make Praise Ribbons



This type of ribbon for praise and dance is simply worn around the wrist. This makes it suitable in situations where space is limited or for younger dancers. Users may need to be aware that they do not accidentally hit others.

I made a set of them for Easter celebrations for the younger ones but they are just as suitable for adults.

They can be made fairly cheaply depending on how long you want them to last and whether you intend to give them away or not.

Need

- Hair scrunchies:

Plain colours, about the right size for going comfortably around a wrist
Market stalls or Poundland type shops are the cheapest place for these.

- Ribbon from either a florist or haberdasher:

The one illustrated has 6 different colours of haberdasher's ribbon, 1 metre long by 1cm wide. You then need to multiple that by the number of dance bands you wish to make. This type of ribbon lasts longer, but costs more. You can buy it by the metre.

Florist ribbon is much cheaper. You can buy it in rolls. It is fairly wide and it can be easily torn into narrower strips. It is good for one-off occasions and suitable for when you want to let the dancers take the bands home.

Choose the colour/s according to the occasion.

For **Palm Sunday** I made a set from green florist ribbon.

To make

Tie the ribbon around the scrunchy at the middle so that there are 2 lengths of ½ meter dangling from it. If they are not knotted too tightly in the middle, you can change the colours if required.

To prevent the ends of the ribbon from fraying, seal them with a small dab of clear nail varnish or PVA glue.

Brenda Lord

Photo: Noema Bradnanska