

STAND AGAINST VIOLENCE

Week 1- Friendship Friday

We certainly are living in very strange times at the moment, with enormous changes to our everyday routines. One of the biggest challenges we are facing is not seeing people we care about, whether its friends, family or just someone you know in your neighbourhood that you would normally say hello to or pop in to see. Now more than ever it is important to let people know that we are thinking about them. At SAV we have seen the excellent rainbow campaign launched on Facebook to pop a rainbow of hope in your window and this week's challenge expands on that.

We have decided that we are making Friday 3rd April 'Friendship Friday' and are challenging you to make a friendship bracelet to pass to your friend or a special person to you to show them that you are thinking of them As well as this we have put some templates of certificates together for you so you can explain the reason...that special thing...that has made you want to do this for them. It could be that they are kind to other people or perhaps have been there for you when you needed it or perhaps that you always have a great time together- anything that you think makes them a special person.

There is a video here > https://youtu.be/Lkua92_rE5Y which shows how we made a rainbow bracelet using embroidery threads- you could use different colours or materials like wool if you have them. Or if you cannot find anything suitable then we have a template of a bracelet below for you to print out and colour. You might prefer to make your own design perhaps using loom bands or beads all we are asking is that you get creative and even though you cannot meet up in person to let people know you care and are thinking of them! Certificates are also available for you to complete (A5 size so still first class stamp appropriate) and send with your bracelet.

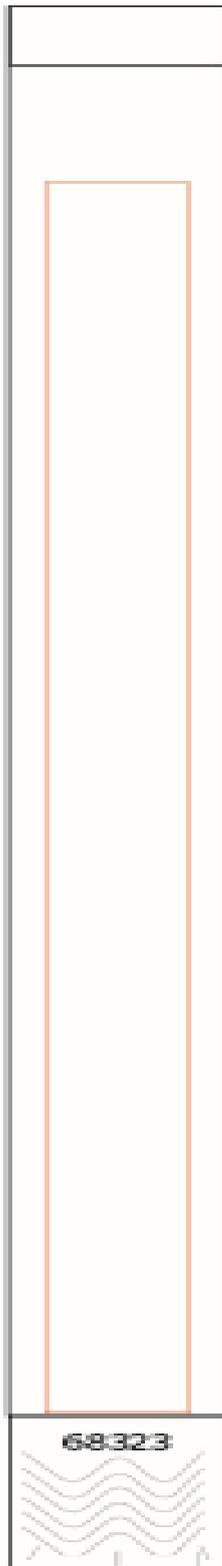
If your family is unable to get to send your bracelet and certificate **safely** why not take a photograph of your completed works and email to your person or telephone them to let them know you are taking care of it for them until you are able to see them- that way they will still know that you are thinking of them and have something to look forward to.

We would also like to see some of your finished products so why not photograph your bracelet and send them to us on Facebook or using #SAVSOS on Twitter.

Parents

If you wish to order embroidery threads like those we have used, they are available on amazon here > <https://tinyurl.com/wxv4fdv> but please encourage using alternative materials. We do use scissors to cut threads so you might need to supervise. Everything is first class stamp size so could be popped into a post box if you pass one during your daily exercise outing or at the supermarket post box when getting your shopping. **We do NOT recommend or support in any way going out, outside of government restrictions and recommendations, in order to deliver your bracelet.** This is a fun activity so please do not take any risks for this -that is why we have suggested using email or a telephone call to let the person concerned know it is being kept for them.

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Paper Bracelet Template

1. Print out your template
2. Cut out the shape.
3. Add your design
4. Use glue to stick the tab ends together