Sarah

How to Make Your Prophets Arm Bands Using Fabric

Activity: In this activity students will learn how to create wrist/arm bands using fabric.

Supplies

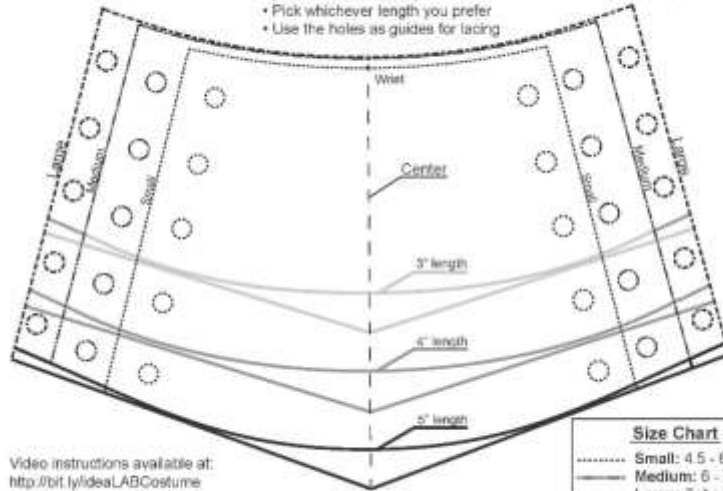To create your own customized set of bracers you will need:
- Peel and stick velcro
- Scissors
- A material to make your costume pieces out of, some options are:
  - cardstock/poster board
  - thin cardboard
  - felt or fabric
  - craft foam
- A measuring tape or ruler
- Hot glue gun
- Rhinestones or jewels
- Embroidery images

Directions:

1. First, measure the width and length of your wrist to your forearm using a measuring tape. If you do not have a measuring tape, place the fabric around the arm adding an additional 1inch for the placement of the velcro.

2. Decide how long you would like your bracer to be. Place your arm on the fabric to help you mark the length on your arm band. You can customize a tighter fit or more flare by trimming or adding fabric along the sides to adjust, to make it wider.

3. Now that your fabric is ready, it's time to match the tracing material to the bracer. Trace the pattern on two pieces of your material to make two bracers. If you are tracing on a dark material, you can use chalk or a light-colored pencil to help mark it.

4. Cut along the lines of the fabric. Be sure it's the same size.

5. Fold all the edges around the fabric so that it doesn't rub on your arm and sew ½inch along the seam.

6. Sew the velcro to the full length of the cuffs (you can see it in the photo).

7. Embellish with jewelry or embroidery fabric such as lions, wolves, etc.

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Costume Accessories: Arm Bracer Pattern

Directions:
- Choose a size based on your wrist circumference (see size chart below)
- Pick whichever length you prefer
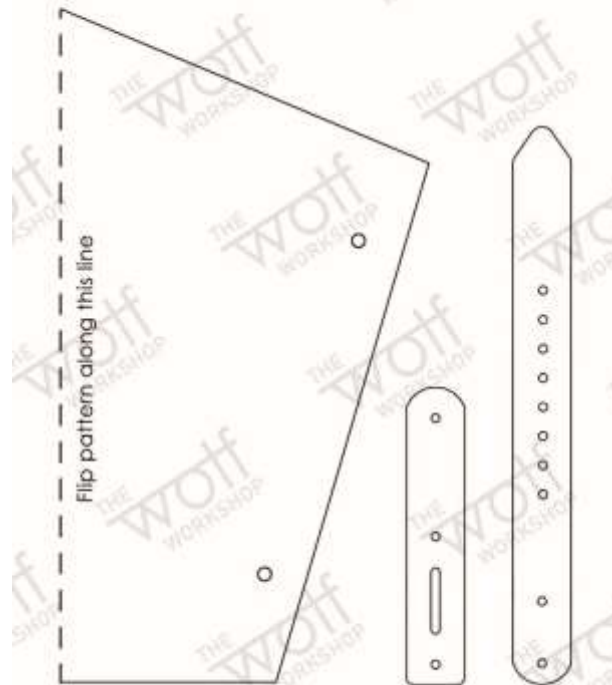- Use the holes as guides for lacing

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Wrist

Center

Large

Medium

Small

Small

Medium

Large

3" length

4" length

5" length

Video instructions available at:
http://bit.ly/ideaLABCostume

Size Chart

--------	Small: 4.5 - 6" wrist
————	Medium: 6 - 7" wrist
-·-·-·-·	Large: 7+" wrist

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Vambrace Pattern

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Flip pattern along this line

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There you have it! An affordable arm band using your own material! Links to the materials will be added below. All praises to the Father. MHNCBUA family. Shalom.

Links

1 Inch x 26 Feet Hook and Loop Tape Sticky Back Fastener Roll, Nylon Self-Adhesive Heavy-Duty Strips Fastener for Home Office School Car and Crafting Organization
https://a.co/d/48K1sVP

Waverly Inspirations 52" Faux Leather Crocodile Print Upholstery Fabric, Black, Available In Multiple Colors https://www.walmart.com/ip/54806027

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