

Bead Therapy Bangle Bracelet

Everyone needs a little bead therapy from time to time.

Materials

- Loom with at least 12 pegs and approx ½ spacing (regular gauge); Knifty Knitter round purple loom was used in sample
- Worsted weight yarn – approx 42 yds (Lion Brand Cashmere color red was used in sample)
- #6 seed beads – quantity 99
- Gum floss threader (found in dental area of Walmart or pharmacy) OR bead needle with large eye to accommodate yarn – these are used to string beads onto yarn
- Loom tool
- Yarn needle for seaming
- Large (1 ½ ") wooden bangle



Gauge

4 ¼ sts and 6 ½ rows = 1 inch in stockinette stitch

Abbreviations

K = using true knit stitch (upside down purl)

P = purl

SB – slide bead to space between purl stitches (between purl stitches)

Pattern notes

- Stringing beads onto yarn is much easier when using Gum dental floss threader. The eye is large enough to accommodate thickness of yarn, and eye collapses to all bead to slide onto yarn.
- Work instruction in brackets the number of times stated after brackets.

Before knitting:

String 99 beads onto yarn. Slide beads down working yarn as more yarn without beads is needed.

Pattern:

Long tail cast on 12 pegs

Knit (true knit) 1 row

1. K5, p1, SB, p1, k5
2. k4, p1, SB, p2, SB, p1, k4
3. k3, p1, [SB, p2] twice, SB, p1, k3
4. repeat row 2
5. repeat row 1

Repeat rows 1 to 5, 10 more times

Knit 1 row

Chain 1 bind off

Seam bind off row to cast on row to form circle.

Insert bangle into circle so that right side faces you (wrong side against bangle).

Sew sides together (Turning edges to outside of bangle makes this much easier! After seaming you can slide the beaded side back to the top of the bangle).

Bead therapy! Now, don't you feel better? ☺