

wear a **RAINBOW!** on your arm

You will need a rainbow of:

- chenille stems
- beads, various types
- buttons

1 Lay out 6 chenille stems - red, orange, yellow, green, blue, & purple. Or maybe you want to arrange them in a different order? It's up to you!

2 Fill each chenille stem with beads in one of your chosen colors.

3 Twist the un-beaded ends of the pipe cleaners together.

4 Bend the ends of the pipe cleaners into hooks.

Be careful! The ends of the chenille stems can be sharp.

5 Wrap the bracelet around your wrist and hook the ends together and wear your rainbow with pride!



Why a rainbow?

The rainbow flag, also known as the gay pride flag, is a symbol of lesbian, gay, bisexual, transgender, and queer (LGBTQ) pride and social movements. The colors reflect the diversity of the community and the spectrum of human sexuality and gender.

RED = Life
ORANGE = Healing
YELLOW = Sunlight
GREEN = Nature
BLUE = Serenity
PURPLE = Spirit