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