

Fidget Keychain Instructions

Before you start your keychain, talk to other women about their beads and consider trading beads to make yours and theirs uniquely beautiful.

1. The string will be already looped on the keyring with one bead strung through.
2. Take one string and thread it through the bead from **left to right**.
3. Take the other string and thread it through the same bead from **right to left**.
4. Repeat until you have 5 beads threaded.
5. At the end of the string, make an overhand knot and pull snug. You will have extra string between the knot and the last bead. Beads can be pulled back and forth on the string.
6. You are done! But actually, not yet...take the activity home and teach to other women and girls as we remember the Truths these beads represent.



Supplies:

1 mm [Black or White Cord](#): Cut into 18–20-inch pieces.

1 inch [Keyrings](#)

15 mm [Silicone Beads](#)