**Braids** or plaits are made of strands of flexible materials that are interlaced in a diagonal pattern. The strands may be flat or tubular, long or short, smooth or textural. Braids are most familiar to us as rope, jewelry, or hair plaits. Let’s have fun with a simple 3-strand braid.

**Materials:**
- 3 strands pearl cotton embroidery thread, 12 inches in length of color 1 (C1)
- 3 strands pearl cotton embroidery thread, 12 inches in length of color 2 (C2)
- 3 strands pearl cotton embroidery thread, 12 inches in length of color 3 (C3)
- Masking tape

**Instructions:**
1. Use an overhand knot to tie together the nine threads, leaving about 2 inches at one end.
2. Tape the knotted end to the table to stabilize it.
3. Divide the threads into 3 equal groups: C1, C2 and C3.
4. Cross the group on the right over the center group (the right group now becomes the center group.)
5. Cross the left group over the center group (the left group now becomes the center group.)
6. Repeat these two actions until the braid is long enough to pass over your hand and encircle your wrist.
7. Knot the end and cut the threads leaving about a 2-inch tail. Tie the two ends together to make a circle.