

First Responder Friendship Bracelets



Supplies:

- Red, white, and blue string or decorative cord; 6 feet of each color
- 1 red, 1 white, and 1 blue bead
- Scissors
- Tape

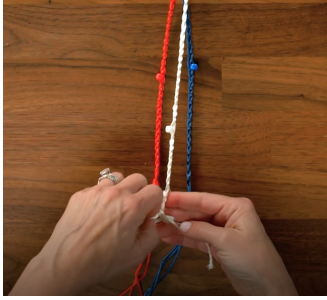
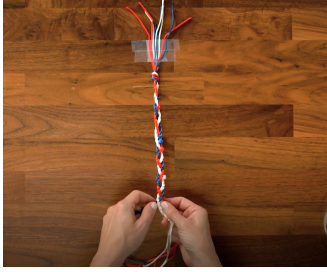
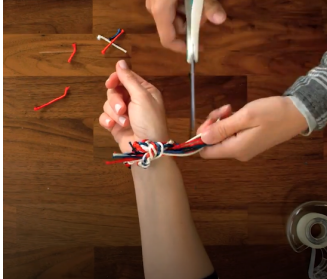


Steps:

	<p>Step 1: Cut the red, blue, and white strings into three equal pieces each, measuring 2 feet (24 inches) per piece.</p>
	<p>Step 2: Join all nine strings together and tie them into a knot at one end, leaving about four inches off the end from the knot.</p>
	<p>Step 3: Tape the bracelet down to a table.</p>
	<p>Step 4: Using the 3 red strings, braid halfway down the length of the string. Place 1 red bead through one of the red strings, and then continue braiding to the length of your wrist. Tie a knot at the end.</p>

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	<p>Step 5: Repeat Step 4 with the blue and white strings.</p>
	<p>Step 6: Braid the red, white, and blue braids into one big braid and knot them together at the bottom.</p>
	<p>Step 7: Tie the bracelet around your wrist. Trim any extra string off the ends.</p>

What is a first responder? First responders are the first people to arrive at an emergency to help anyone in danger, like firefighters, police officers, search and rescue teams, and paramedics.

Fun Facts: The colors of our American flag have different meanings. Red represents courage, white represents purity, and blue represents justice. These colors also represent first responders:

- Red represents firefighters: In 1679, the city of Boston created the first fire department that was paid for by the people.
- Blue represents police officers: In 1844, the first police department in America was started in New York City.
- White represents medical helpers: Many say that the Emergency Medical Services (EMS) started in 1862 during America's Civil War to help soldiers who were injured in battle.

Extension Activity: Thank a First Responder

You can thank a first responder by writing a letter to local firefighters, police officers, and medical helpers.