

How to Make a Plastic Pull Tab Bracelet/Anklet

Materials:

- Plastic pull tabs from coffee creamer containers, almond milk, Soy milk, OJ, vinegar, and others (Approximately 13 tabs for an adult bracelet, less for a child's bracelet)
- Nail polish (optional) to use to decorate your bracelet; or use
- Common water-based craft paints, sharpie markers, stickers, etc. Onn their own, these do not adhere well to plastic tabs. However, if you have paint or glue designed to adhere to plastic, you can add additional "bling" to your bracelet. Glue on such decorative items as bits of fabric, buttons, hole punched paper circles, beads, stickers, etc. Be creative!

Directions:

- Paint the tabs, if desired, with nail polish before assembling your bracelet. Let dry completely. You may need to use more than one coat of polish per tab to get the desired effect.
- Most decorative items will need to be added to the bracelet after you are finished assembling it. It will depend on what decorative items you are using.
- Assemble your bracelet by pushing the top circle of one plastic tab through the plastic loop of another. (See photo below.) Keep attaching tabs in this manner until you have enough to fit around your wrist.
- Once you've attached the number of tabs you need to complete the bracelet, push the last tab through the first pull tab in the same manner you added tabs. Don't worry if it looks like your bracelet is way too small. It will expand to fit over your wrist. If the bracelet is too loose, remove a pull tab or two. Add extra tabs if the reverse is true.
- Touch up any areas of "paint" or re-glue bling as needed.
- If you have enough tabs, you can make two bracelets and wear them side by side or wear one as a bracelet and one as an anklet.

