

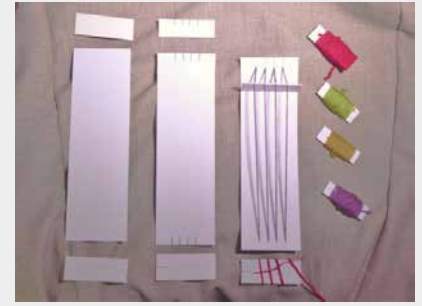


# Weaving a Warrior Band

To make a warrior band you will need a piece of card 25 cm by 7 cm, two scraps of card, wool or string and a pair of scissors.

With help from an adult, cut notches into the card as shown on the picture. Next wind a single length of wool through all the notches on the long piece of card as shown. This is your loom.

The piece of card that looks like a comb goes under the strands of wool with the notches facing upward. The last piece of card is the shuttle, put some wool through the notch and wind some wool onto it. You are now ready to begin!



Tie the wool from the shuttle onto one of the outside strands of the loom

Pass the shuttle over one strand, under the next, over the third and under the last loom strand. When you have finished work your way back across the loom, this time you will start by going under instead of over the first strand. Look at the picture to help you.

As you weave, gently pull the wool on the shuttle tight. You can also push the work you have already done gently to the bottom of the loom.



If you want to change colour, all you need to do is tie the shuttle thread one of the loom strands and cut the shuttle off. Then tie on the next colour as you did before and continue to weave. Change colour as many times as you like!

Make sure that your warrior band is long enough to fit around your wrist. When you have finished weaving, tie the shuttle thread to the loom strand and cut the shuttle off.



Turn the loom over so you cannot see the warrior band. With help from an adult, cut the loom strands roughly in the middle. Gently take the strands out of the loom notches.

Your warrior band will have four strands coming from the top and bottom. Tie the strands together in pairs as shown.

Your warrior band is ready to wear!



Did you know that Nene Valley Settlers have been weaving since at least the Bronze Age? They coloured their cloth with dyes made from plants. Woad made the cloth blue. Madder made the cloth red. Some of these plants are growing in the Settlers' Garden.

This activity sheet is accompanied by a video tutorial, which can be found on [www.nenesettlers.org](http://www.nenesettlers.org) and our YouTube channel.

