

Diversity Activity #2

Make your own Greek Worry Beads

In modern **Greek** society, the use of **Greek worry beads** is a practice that can be used for any number of things. It is said that people use it as a **means** to guard against bad luck, as well for relaxation and enjoyment

Greek **worry beads** are commonly believed to have first been used on Mount Athos in northern Greece during medieval times, where strands of **beads** made of woolen knots were tied on a string and used as an aid to recount prayers.

Materials

- Lots of beads. Make sure they're large enough to comfortably use in your hand.
- A single, much larger bead.
- Strong cord.
- Tassel.

Tools

- Scissors.
- (Optional) Glue.

Instructions

1. Cut the cord to roughly 40-50cm.
2. Thread all the beads onto the cord, except for the biggest one.
3. Next, take both ends of the cord and bring them together. Thread both ends through the largest bead. Tie a knot.
4. (Optional) Cover the knot in a bit of glue to keep it secured.
5. (Optional) While the glue is drying, slip another bead over the knot, and wait for the glue to dry completely. This will secure the knot and hide it.
6. Cut the thread, and tie the tassel on to finish your worry beads.

