Keychain Craft-Making
Self Guided Lessons

Join us for a therapeutic Keychain Craft-Making Club! Students will create a variety of keychain lanyards using gimp string! Through the use of hands-on crafts, students can experience mental health benefits such as a sense of calmness, feelings of productivity, and increased imagination!
ACTIVITY 1 (BOX STITCH)

LIST OF MATERIALS
Two colors of your choice of gimp
Scissors
Keyring
Ruler

STEP 1
Pick two pieces of gimp of different colors and measure them each out to be the same size. I recommend starting with having each string be about 24 inches. Pick two pieces of gimp of different colors, measure them each out to be the same size. I recommend starting with having each string be about 24 inches.

STEP 2
Find the middle point of the string and place one over the other to create an X or cross. You can do this on a flat surface to help start the stitch off.
STEP 3
Choose one color to keep laying flat on the table. With the other color (in this example yellow) lift it up and cross it vertically over the green to create a loop. Do this with both strings, bringing the second half of the same string up and over the string laying flat on the table. You will end up with the green string flat and the yellow string over it with two loops beside each other.

STEP 4
Holding the two yellow loops in place, use the second color that is laying flat (green), and weave one side up over one yellow string and then under the loop. Weave the second side of the green string in the same way, up over one yellow string and under the other. It should be going under the looped string.

STEP 5
Pull the stitch tight. it should create a four square grid /checkerboard pattern.
Repeat this stitch and continue to create additional stitches until you’ve reached your desired length or run out of string. Once you have done it a few times, you can hold it in your hand instead of completing it on a surface.

To end the stitch, you can tie in a knot. Or you can complete an end stitch. To create the end stitch, complete another box stitch but do not tighten it. Instead, grab one string, wrap it around the loop to the left side of it, and pull it up through the center. Repeat with the next color to the left.

Once you have completed each color and pulled all four strings through the center, pull all the strings tight to finish it off. Cut any excess string and you’re finished! Let this sit for a few hours / overnight to allow the design to settle and harden in place. Then add your keyring to the bottom (first) stitch and you’re done!
ACTIVITY 2
(SWIRL BOX STITCH)

LIST OF MATERIALS
Two colors of your choice of gimp
Scissors
Keyring
Ruler

STEP 1
Pick two pieces of gimp of different colors, measure them each out to be the same size. I recommend starting with having each string be about 24 inches.

STEP 2
Find the middle point of the string and place one over the other to create an X or cross. You can do this on a flat surface to help start the stitch off.
**STEP 3**

Start by creating a simple box stitch as we learned in the previous lesson. Only do this once, to create the base.

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**STEP 4**

After completing the first stitch, we will create a modified box stitch. The motions will be the same, but you will place the strings in slightly different places. Instead of crossing the strings straight across you will cross them on a diagonal. Take the string closest to you and take it up, over, and diagonally across the small checkerboard to create the first loop. Note how we diagonally cross the strings over the checkered starter stitch, unlike the box stitch! (The light blue string is diagonal and lined up with the two dark blue checked boxes in the stitch.)

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**STEP 5**

Now take the string farthest from you (the second string of the same color) and do the same thing, bring it up, over, and across the starter stitch, so that you create a loop that is next to the first loop.
STEP 6

The next step is to weave the second color strings through the loops. Take one string of the second color and weave it up over the nearest loop, then diagonally cross and go under the second loop. Make sure every string is crossing diagonal or the weave pattern will not hold. Once all strings are weaved together, pull tight and repeat.

STEP 7

To end the stitch, you can tie in a knot. Or you can complete an end stitch. To create the end stitch, complete another box stitch but do not tighten it. Instead, grab one string, wrap it around the loop to the left side of it, and pull it up through the center. Repeat with the next color to the left.

STEP 8

Once you have completed each color and pulled all four strings through the center, pull all the strings tight to finish it off. Cut any excess string and you’re finished! Let this sit for a few hours / overnight to allow the design to settle and harden in place. Then add your keyring to the bottom (first) stitch and you’re done!
LIST OF MATERIALS
Two colors of your choice of gimp
Scissors
Keyring
Ruler

ACTIVITY 3
(STAIR CASE STITCH)

STEP 1
Pick two pieces of gimp of different colors (cut two pieces of one color and one piece of the second color - total 3 strings), measure the two pieces of one color to be about 12 inches long and the second color (dominant color) to be longer (15-20 inches long). If you want your staircase to be thicker, you can choose to include a 4th or 5th piece of gimp string to cut to 10-12 inches. (Keep in mind that only one color — the dominant color — will be shown in final design)
STEP 2

This stitch will start off with a simple knot attached to your keyring (if you choose- you can skip this part if you want). Gather your strings and tie the knot onto the keyring.

STEP 3

Start by taking the color string (longest string) that you want to show, wrap it around the rest of the gimp string, and pull it through the loop to create a knot. It does not matter which way you choose to wrap them around (the left or right side) just make sure to stay consistent or your staircase will end up zigzagging different ways.

STEP 4

Once you create the first loop and pull the string through, pull the knot tight and repeat.
**STEP 5**

Make sure to leave room at the end to tie a final knot. Once you have almost run out of string or have reached your desired length, you can tie the final knot. It will be just like the one you created to start.

**STEP 6**

Cut any excess string and you're finished! Let this sit for a few hours / overnight to allow the design to settle and harden in place.
ACTIVITY 4 (COBRA STITCH)

LIST OF MATERIALS

Two colors of your choice of gimp
Scissors
Keyring
Ruler

STEP 1

Pick two pieces of gimp of different colors, measure one color to be about 10-12 inches long and the second color (dominant color) to be about twice as long (25-30 inches long). (Keep in mind that only one color — the dominant color — will be visible in the final design)

STEP 2

Start by folding both color strings in half and create two loops. Place the shorter string loop inside the loop of the longer color.
After looping them into each other it should look like this. Start by taking the string on your right and folding it over the middle to the left. This will create a loop.

Then take the string on the left and bring it in front of the string from the right side, then wrap it behind and around the shorter strings and pull it through the loop that you created. Pull tight.

Now repeat the same steps starting with the left side. Take the string on the left and fold it over the middle and place on the right side. This will create a loop.
STEP 6

Then take the string on the right and bring it in front of the string from the left side, then wrap it behind and around the shorter strings and pull it through the loop you created. Pull tight. Repeat the steps and alternate starting sides (left or right) each time. If you forget which side you left off on, look at your last stitch. You will see that one string is in front and under a tightened loop, start with this string and bring it to the opposite side to start the stitch again.

STEP 7

Make sure to leave room at the end to tie a final knot. Once you have almost run out of string or have reached your desired length, you can tie the final knot (like you would a regular knot). Cut any excess string and you’re finished! Let this sit for a few hours / overnight to allow the design to settle and harden in place.