

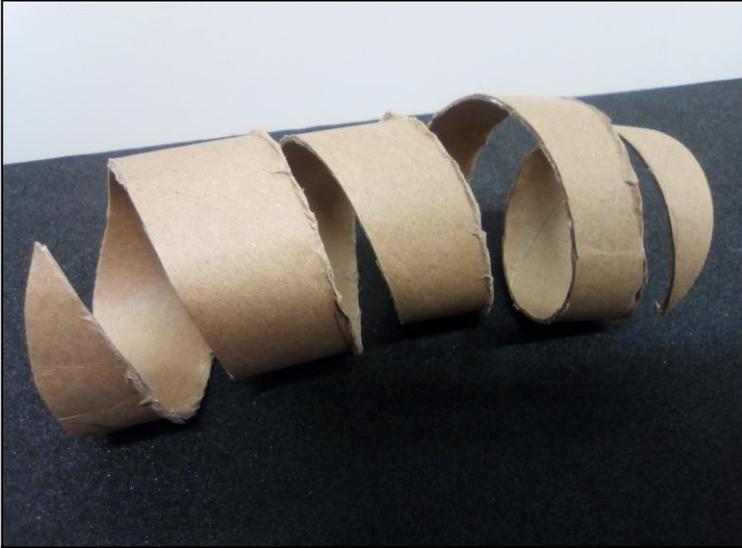
How to make a Roman bracelet

The Romans loved jewellery, especially solid gold bracelets, armlets and rings. Commonly these would be worn by women. Bracelets or armlets in the form of a coiled snake or serpent were very popular. The snake or serpent was thought to be a protection against evil. The bracelets or armlets were usually worn on the wrist or upper arms, often in pairs.

To make your own serpent bracelet or armlet, you will need: a cardboard craft roll, a pencil, a pair of scissors, paintbrush, paint, acrylic gems (optional) or other decoration.

Instructions:

1. In pencil, draw a serpent on your cardboard roll – it is pretty much a spiral shape drawn around the roll.
2. Cut around the spiral shape. This is quite difficult so you may need an adult to help. Don't worry if the edges are jagged or fray as you can tidy them up and glue them back together once you've finished cutting the spiral.



3. Decorate your serpent with acrylic gems (optional). You might like to use two small round acrylic gems for the eyes, and other acrylic gems to make a pattern on its body. You can use other craft materials to decorate instead, such as old buttons.

4. Apply paint (being careful not to paint over your decoration). You need only apply a thin layer of paint.

5. Leave it to dry – it should take about 20-30 minutes depending on how thickly the paint has been applied.

You are now ready to put on your serpent bracelet!

