



Follow the steps below to make your own macrame leaf!  
This is a beginner-friendly activity for ages 55 and above.

### Supplies:

- 2" wooden ring
- 3 x 44", 16 x 10" macrame
- Corkboard + pins
- Scissors + brush

### Step 1: First rows



Lay  
corkboard  
flat. Place  
ring on top.



Fold each 44" piece  
in half & make  
Lark's Head knots.  
Place pins inside  
hoop.



Spread out end. On  
the far right, attach  
two 10" cords with  
Lark's Head knots.  
Repeat on far left  
cord.

### Step 2: 2nd rows



Tie cables 2 & 3 in a  
double knot. Tie  
cables 1 & 2 in a  
double knot.  
Repeat with 4 & 5  
and 5 & 6.



Tie cables 1 &  
2 in a double  
knot, 2 & 3;  
& 6, 4 & 5.

### Step 3: 3rd rows - OPTIONAL



Take the 2 center  
cables & cross right  
over left. Double  
knot. On cords 1 &  
6, tie three 10" Lark  
Head Knots



Repeat all steps in step 2.  
Then, tie remaining 6 cables  
in Lark Head knots.

**Brush, cut into leaf, and hang!**  
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