



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 (3mm)
- 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; 5 & 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!**



**Suggest a class and provide feedback.**

