



Sweet Sleep™

a bed for every head

Orphans and widows in Uganda make beads from magazine clippings which are rolled and then sealed in a shiny varnish coating. These beads are used to make beautiful necklaces, bracelets and earrings. Sweet Sleep uses proceeds from the sale of necklaces, made by widows in Ugandan orphanages, to purchase beds and bedding for orphans around the world – helping children growing up in orphanages sleep sweetly in healthy, comfortable beds. Now, your kids can make beads just like the ones pictured below while learning about the needs of the world’s orphaned and abandoned children.

Thank you for partnering with us to provide “a bed for every head.”



Sweet Sleep Ugandan Magazine Bead Bracelets

Provide:

magazines, glue sticks (1 per child), straws (1 per child), scissors, pencils, rulers, wax paper, leather cord (1 per child) long enough to fit a child's wrist.

Prepare:

Pre-cut the strips by using the ruler and pencil to draw long triangle shapes on the magazine page. The strips should start the width of about an inch and get thinner and thinner in a long triangle shape. They should be at least as long as the height of the magazine page (about 11 inches). Set out glue sticks, straws, strips, and leather cord pieces. Tape a square of wax paper to the table in front of each child.

Plan:

Have the kids lay a strip (decorative side face-down) on the wax paper and coat one side of the strip with glue.

Set the straw on the wide end of the strip.

Holding either end of the straw, roll the strip tightly around the straw. Keep the paper centered as you roll.

Keep rolling until the strip is completely wound—no “tail”

Cut away the straw on both sides of the bead.

Have the kids thread the bead on the leather cord.

They should tie a knot on each side of the bead (make sure the bead is centered) to hold it in place.

The child will need someone to tie it around his/her wrist when they are finished.

Variation:

Have the kids make two or three beads on the straw instead of one.

