

The American Indian and Alaska Native Society of Indian Psychologists
in collaboration with
Psychologists in Indian Country Section of APA Division 18 and
Alaska Native/American Indian/Indigenous Women (APA Division 35 Section 6)

Presents:

Healing Through Art

Let's continue our journey of healing together through this beading project as we remember our MMIWG/MMIP. Simply send us your name and address and we will be happy to send you the beads and findings to complete this project by clicking on the following link: <https://www.surveymonkey.com/r/VBG9JJF>. Your information will not be shared with anyone or used for anything other than to send you the beads and findings to make these earrings.

This is a great project for all, whether you are just beginning your beading journey or you are an expert! Raylene Wolf, Lac Courte Oreilles tribal member, noted that this pattern took her just 20 minutes to assemble. You can add your own twist to the pattern and make it your very own. The instructions for the simple loop earrings are located on the following page and have been provided, with permission, by the Choctaw Nation of Oklahoma, Cultural Arts and Education. The Choctaw Nation has also provided a step-by-step instructional video on YouTube located at: <https://youtu.be/p8qos1PJ8Pk>.

We would love to hear from you and see the work that you do. It is our hope to put together a selfie-collage of everyone who participates in this project (or a picture of your finished product) and post it to the AI/AN Society of Indian Psychologists website. If you would like to have your art displayed, please send it to psychologistsinindiancountry@gmail.com by **November 30th, 2020**.

We are excited to heal together with you and look forward to seeing your art!

Don't forget to print/save this file – Earring pattern to follow on the next page!



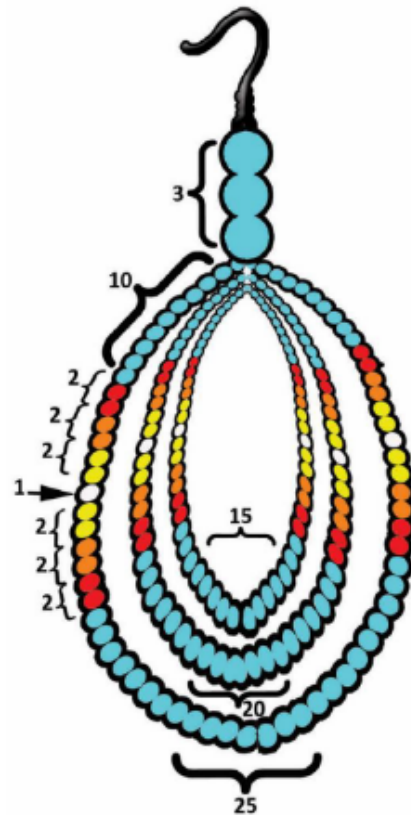
*Raylene Wolf
Lac Courte Oreilles
tribal member*

Simple Loop Beaded Earring

How To

For this project, please use: Size d thread, size 10 beading needle, size 10 or 11 seed beads, size 5 or 6 beads, earring finding/hook

1. Measure out two wingspans (arm to arm) of thread
2. Double thread the needle and tie a knot at the end of the thread.
3. Tie the knot around the eye of the earring finding
4. String on beads in this order: 3 large beads, 10 small beads of the dominant color, 2 red beads, 2 orange beads, 2 yellow beads, 1 white bead, 2 yellow beads, 2 orange beads, 2 red beads, 25 beads of the dominant color.
5. Repeat the red/orange/yellow/white pattern, then string on 10 of the dominant color
6. Run the needle up through the bottom of the 3 large beads and loop through the eye of the earring finding.
7. Run the needle down the 3 large beads only
8. Repeat the stringing pattern of 10 dominant color, 2 red beads, 2 orange beads, 2 yellow beads, 1 white bead, 2 yellow beads, 2 orange beads, 2 red beads. Now string on 20 of the dominant color (decreased by 5 from the previous loop). Repeat the red/orange/yellow/white pattern, then string on 10 of the dominant color
9. Run the needle up through the bottom of the 3 large beads and loop through the eye of the earring finding.
10. Run the needle down the 3 large beads only
11. Repeat the stringing pattern of 10 dominant color, 2 red beads, 2 orange beads, 2 yellow beads, 1 white bead, 2 yellow beads, 2 orange beads, 2 red beads. Now string on 15 of the dominant color (decreased by 5 from the previous loop). Repeat the red/orange/yellow/white pattern, then string on 10 of the dominant color.
12. After you have completed all 3 lines*, run the needle up through the 3 large beads and tie a double knot around the eye of the earring finding.
13. Run the needle down through the 3 large beads and snip off the remaining thread



* More loops can be added prior to tying the thread around the eye of the earring finding in step 12. Just repeat the stringing steps decreasing the number of dominant color beads by 5 in the center of each successive loop.

The Choctaw Nation has granted permission for Society of Indian Psychologists to use and distribute this pattern however, this project is not a representation of the Choctaw Nation of Oklahoma.