



**Paper Bead  
Making:  
The Art of  
Fashionable  
Recycling!**



## For this project you will:

- Use recycled goods to make cool stuff!
- Learn how to make handmade paper beads and create your own jewelry with them.
- Trade beads with your friends and classmates.
- Learn facts about Africa and the history of beads.
- Learn about contemporary bead making and the extreme state of poverty in Uganda.



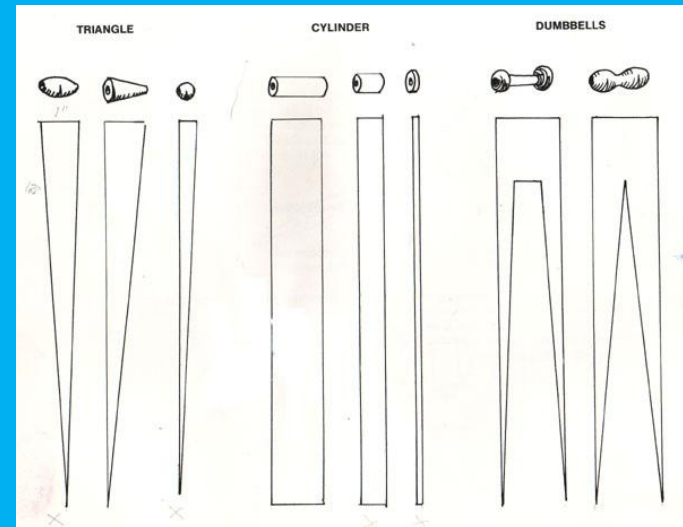
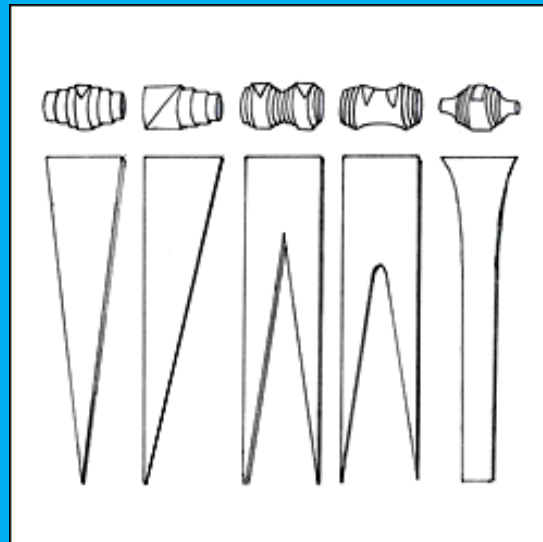
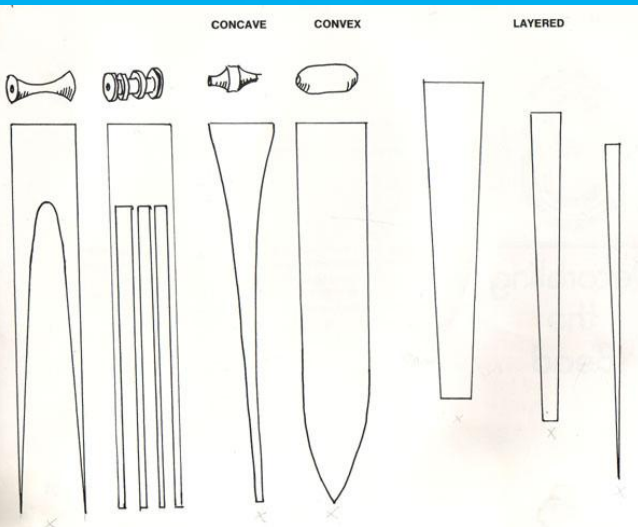
# Rolling Paper Beads

You will learn how to make paper beads using the same techniques as the people of Uganda.

The shape of each bead depends on the shape you cut out of recycled paper as seen below.

You can use virtually any type of paper, from magazines to posters, to book covers, etc.

What you choose is all about looking for colors and patterns that you like!





# Some history about beads...

- Beads can be symbols of identity, status, used in barter or exchange, ornamental, and used for ceremony or ritual. They are associated with linking people together in communities, and with making immediate statements about values, ideas, and beliefs.
- Beads are one of the oldest forms of art, and have a long history throughout the world and especially in Africa.
- How do we use beads in our own culture?



## AFRICA



•Africa is a HUGE continent composed of 53 countries, with over **2000** languages spoken. (The United States can fit into Africa 3 times!) It is a continent with many diverse societies and cultures. Many of these societies make beads out of different materials and use them for different purposes.

•Some of the oldest beads have been found in Africa and date back to almost 45,000 years ago!





# The Vanishing San

- The San (also known as *Bushmen*) people are the oldest inhabitants of Africa in the southwestern region. They speak *Khoisan* languages, which are distinctive for their “click” sounds.
- They are hunter-gatherer nomads and possess no more than what they can carry on their backs and in their arms.
- There are about 95,000 San people and only 3,000 are true hunter-gatherers. The San culture is quickly vanishing because they have been forced to give up their nomadic lifestyle and live in small confined areas. Many of the San make and sell beaded jewelry to raise money to help preserve their culture.



• *Why do the San people create and wear beads?* Beads in their culture are for secular body decoration.

• They make their beads out of ostrich eggshells, which are the most prized. Also made from glass, stone, wood, nuts, and animal teeth.

• The beads are made by the women and used for clothing, hair, necklaces, headbands, bracelets, and armlets.

• *Is their use of beads similar to our own society?*







African Trade Beads



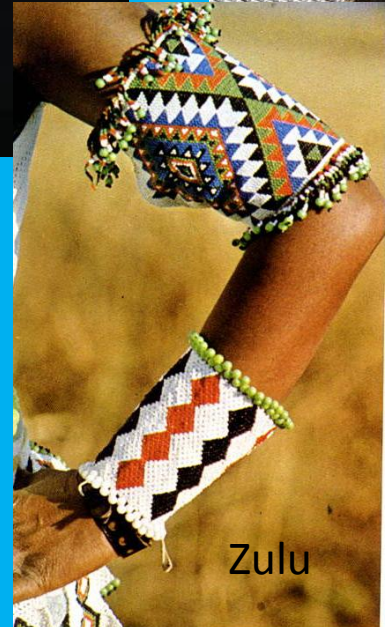
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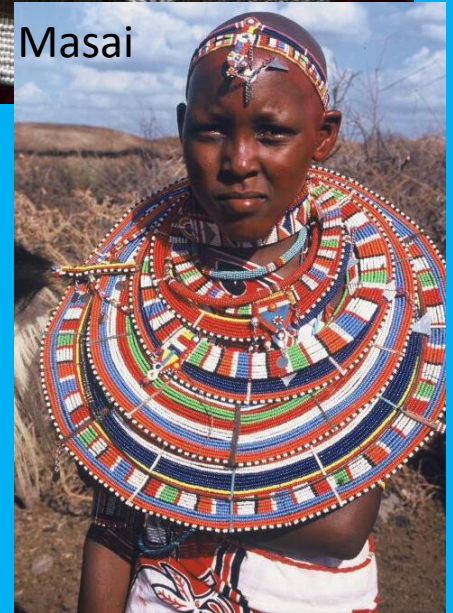
Masai



Kasai Region



Zulu





# The Yoruba...Beads for Royalty



- The Yoruba are an ethnic group of people located mostly in Nigeria. Because the majority of the slaves brought to the Americas were from West Africa, Yoruban descendants can also be found in Brazil, Cuba, the Caribbean, and the United States.
- The Yoruban people have lived in urban kingdoms for over 1,500 years and their culture is centered around their religion.
- In the 16<sup>th</sup> century tiny glass beads from Europe were introduced to the Yoruba culture and they used them in their beadwork.



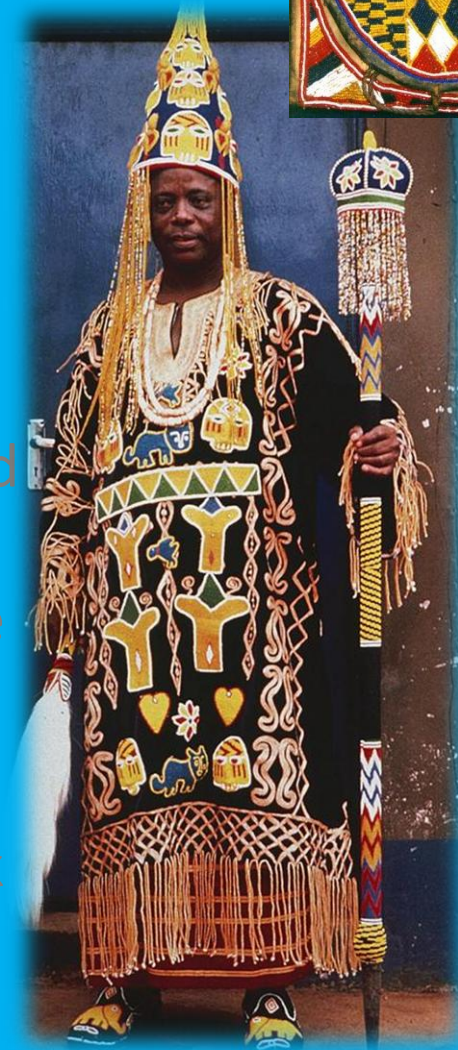


- Yoruba beadwork is done by the men and worn by elite religious and spiritual leaders, which are considered royalty.

- Items made from beads include many types of crowns, clothing, bags, jewelry, and scepters.

- Sacred colors and beaded forms make up the motifs in Yoruba bead work. The colors are grouped by warm, cool, and dark.

- What colors do you think belong in these groups?





# Poverty in Africa

The scenic beauty and variety is quite stunning, it is home to vast deserts, tropical rain forests, rugged mountains and fertile grasslands. It is abundant in flora and fauna unsurpassed by any other continent.

An ever-increasing number of tourists from around the globe are drawn to this incredible continent every year. To experience its wonders.

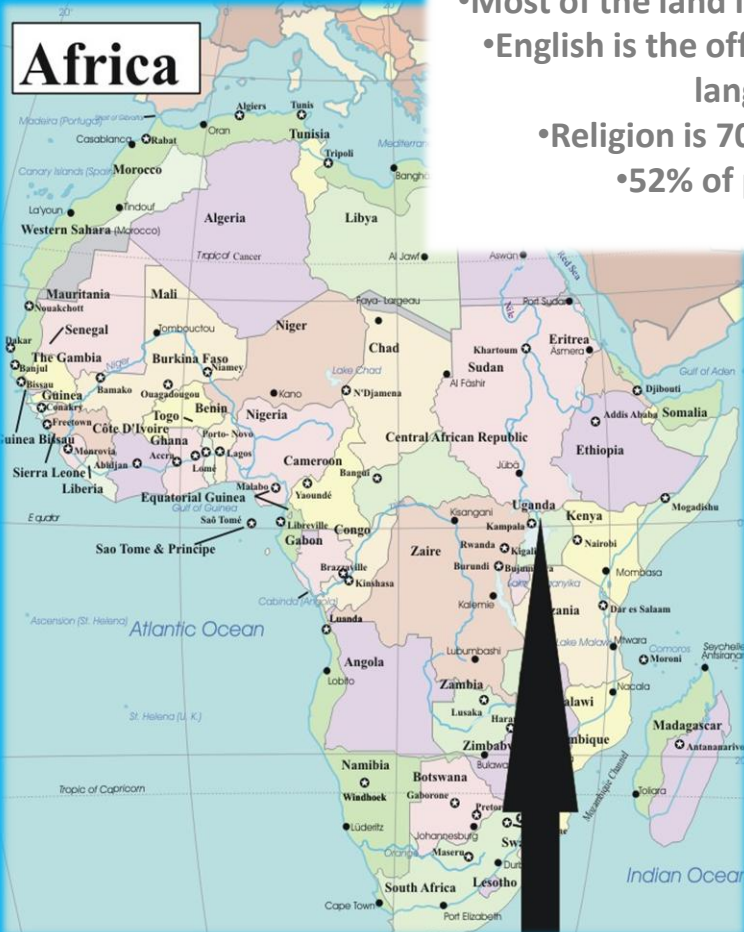
Yet despite its natural wealth and beauty, Africa includes the fifteen least developed nations in the world, 70% of its population survives on less than \$2 a day, disease and famine continue to kill millions of its people each year, and even the most basic education is denied to a large percentage of its children.



# Poverty in the Country of Uganda

## Uganda Facts:


- Democratic Republic
- 91,136 square miles (about the size of Oregon, Utah, or Colorado)
- Capital is Kampala
- Most of the land is forest, woodland, and grassland.
- English is the official language, but over 40 other languages are spoken.
- Religion is 70% Christian and 12% Muslim
- 52% of people living in poverty.



Uganda is a country burdened by disease, war, and poverty. Over half of the population in Uganda are living on \$1.25 a day. 1 out of every 4 people in the world is living in extreme poverty, which is living on less than \$1 a day.







**What  
would it be  
like to live  
in extreme  
poverty?**

Houses in the slums of Kampala are made of sticks and mud and are approximately 10' x 10' and house a family of about 5 people.

What you can find in a beader's home?

- Straw mats
  - 2-3 cooking pots
  - Partial bag of charcoal
  - Old cloth rag room divider
  - Broken furniture
  - A small amount of lentils, rice, and salt
  - Jerry cans (Water jugs)
  - 1-2 pairs of shoes
  - Small pile of clothes
  - Fabric or dirty sheets
- What things do you have in your life that the beaders don't have?
- What items do we really need to survive?



**A solution to poverty for many Ugandan people is to create beads. Beadforlife is an organization that assists impoverished women who are hardworking, intelligent, and strong in their desire to improve their lives. They make gorgeous handcrafted paper beads from recycled paper and turn them into necklaces, bracelets, and earrings. Because the beaders use recycled, colorful paper, the beads help prevent environmental degradation. What was trash becomes beauty, money, food, and hope. The beaders are able to build new homes, afford food, and support their families.**

**[Here is a video about BeadforLife and how the Ugandan women make the beads.](#)**



# Meet LAKER FATUMA...

Fatuma, 33, has a broad smile and twinkle in her eyes that immediately creates a sense of fun and warmth. Yet she has overcome enormous difficulty. As a young teen, she was captured by the rebels who were waging war in the north. Living with them for several years she bore two children before she was able to escape and make her way to Kampala. There she moved into a slum along the railway tracks. She picked coffee beans for 40 cents a day, not enough to feed herself and her children.

“You work so hard and have nothing after a long day. If you do not get paid you do not eat,” she says of that time.

Fatuma later married a man who was a night watchman. When she was pregnant with their youngest child, her husband was killed when thieves attempted to break into the office he was guarding. Alone with four children, she did everything she could to feed them.

When she started rolling beads for BeadforLife she hoped to make about \$30 a month. Instead she earned almost \$100. “I was not expecting this good fortune. Everyone who bought beads has taken care of me.”

When Fatuma joined BeadforLife her industrious nature came alive. She bought a popcorn machine and started earning a second stream of income. She now has built a house in Friendship Village and plans to buy a “bodaboda,” a motorcycle used as a taxi. She is well on her way out of poverty.



# Meet NALULE SISSY...

Sissy's warm smile and obvious intelligence belie a lifetime of rejection and homelessness. Her mother died when she was young, and she was sent to live with her grandmother until her father remarried. Unfortunately, he married a woman who hated Sissy. Her father was cruel to her, calling her an "unwanted girl."

At 15, she got pregnant and her father threw her out of the house. She then bounced among relatives who were abusive, and had three more pregnancies. Finally, her father sent her to the "7th World," a very remote rural area where she was required to dig in the fields all day.

At this point in her life, she thought of herself as a 'walking dead person.' "I had not a single coin," she recalls. "I shared a shed with goats."

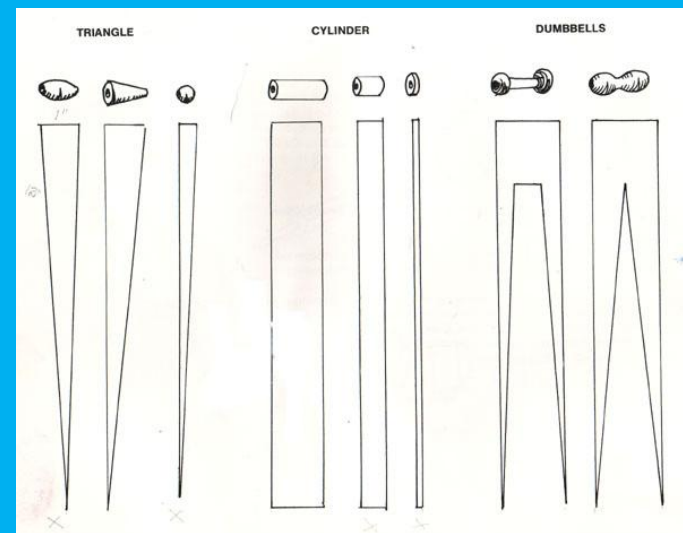
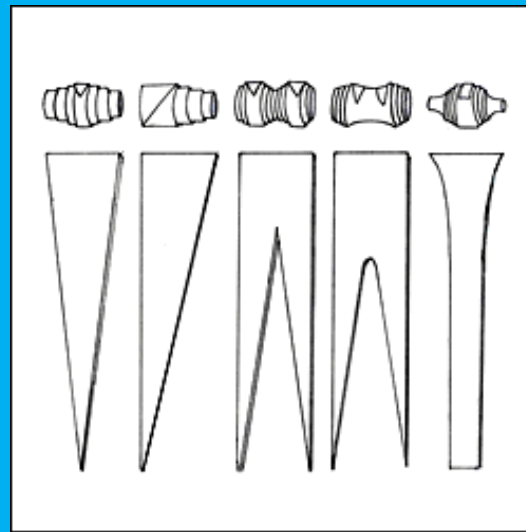
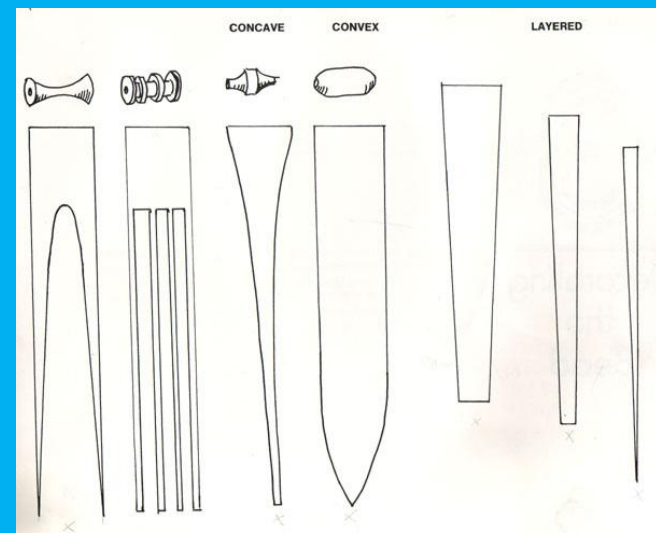
Life began to change when a Good Samaritan allowed her to sleep in a church. She then came to the notice of BeadforLife and was trained to make paper beads. Now 40 years old, she stands among the bricks of the house she is building in Friendship Village.



"I have a cow and a sewing machine, and soon my very own house. I will never again be homeless."







- You will be making enough beads to create a bracelet and a necklace (ten skinny straws full of beads).
- Remember, the shape of each bead depends on the shape you cut out of recycled paper as seen above.
- Choose paper with solid areas of color for bright colorful beads.



# Directions



- Step 1: Tear out a colorful page of a magazine.
- Step 2: Decide on which shape of bead you want, and cut it out of the magazine.
- Step 3: Flip the paper over so the side you don't want is facing up.
- Step 4: Add glue to the wide part of the triangle and begin wrapping it around the straw.
- Step 5: Finish by gluing the skinny end down, and then apply the Mod Podge and let dry!