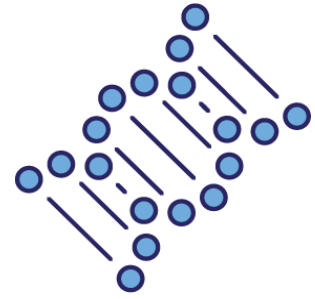# Program Plan:
DNA Sequence Wristbands

Introduction and Prompt

This program was inspired by activity plans from the American Museum of Natural History's Gene Scene and YourGenome.org. The website provides a breakdown that walks you through the lesson. Prepare materials as needed. This is also a quick and easy extension activity that can be done at a school age or teen program or other related program about genetics. Consider offering this as a passive self-directed activity in your teen space.

Audience

School age and up

Resources

- Beads
- String or Pipe Cleaners
- Scissors
- Examples of different DNA Codes

DNA Sequence Wristbands Instructions

1. Start the program by giving an overview of DNA and base pairs. This may be a good activity to do after a program discussing genetics or as part of DNA day.
2. Choose one DNA code from the chart on the What You'll Need page. Follow that pattern as you make your bracelet. http://bit.ly/chimponyourwrist or https://www.yourgenome.org/activities/sequence-bracelets
3. Cut two pieces of string, each about 12 inches long. (Remember, your bracelet will contain two strands, just like real DNA.)
4. Tie at least one knot about two inches from one end of each string. You may need to tie more than one knot so that the beads don't slip off.
5. Thread a bead onto String 1. Then thread the bead for the matching base onto String 2. For example, if you use a "C" on String 1, then you must put a "G" on String 2. Keep threading beads until your bracelet is long enough to slip your hand through. (You do not have to use all the letters in the DNA code.)
6. Tie a knot around the last bead of each string. Then tie the ends of the strings together to complete your bracelet.

If parents are present, provide them with additional information about NLM that can be used as on ongoing resources. Let youth participating know about age-appropriate resources that can be used to look up additional information in the future.