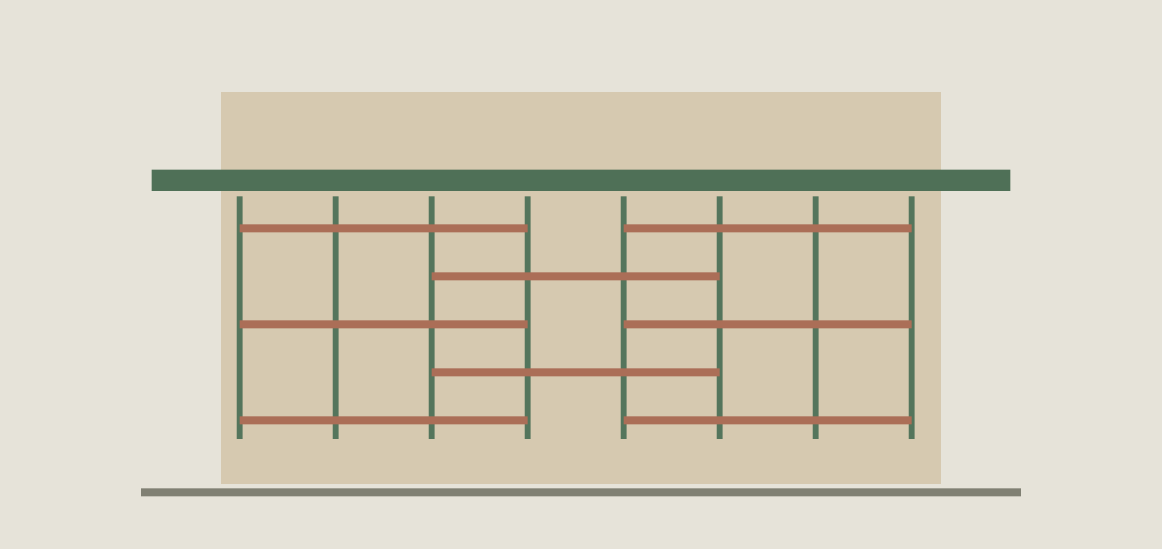
STEADLEAF PRESS

MAKE / ORIGINAL FREE DIGITAL GUIDE / F090

A MACRAME PLANT-HANGER SLEEVE

Without a Load-Bearing Hook



8 strands / 5 rows / 8 square knots

A decorative cuff for a pot standing independently.

No hanging, lifting or load-bearing use. No physical trial.

Edition: Original Steadleaf Press FREE MAKE adult instructional guide; independent technical/editorial review PASS; digital assets produced for publication. No physical knot-making, plant trial, pot-fit, tensile, slip, laundering, water, durability, hanging, print, or child/pet safety tests have been performed by Steadleaf Press.

Make the sleeve, never the support

A traditional macrame plant hanger suspends a pot. This project does not. Instead, use a soft fabric band around the dry outside of an independently supported planter and attach a short, open-knotted decorative macrame front panel to the band. It resembles a plant-hanger sleeve but cannot lift, suspend, restrain or support the pot. There is no hook, ring, bottom cradle, overhead cord, carrying handle or tested fastening system. The pot must remain planted on its stable, waterproof, level surface with its normal drainage and saucer. Never pick up the plant by the band or cords. If the cuff slides, interferes with watering, touches soil, traps moisture or creates a trip/entanglement hazard, remove it.

The one-page pattern is exact about the planned knot count, not about finished dimensions. Four individual cords folded over the band produce eight hanging strands. Make five rows of staggered square knots:

Row | Strand groups in current left-to-right order | Complete square knots | Half knots

1 | (1-4) and (5-8) | 2 | 4

2 | (3-6), with 1,2,7,8 held aside | 1 | 2

3 | (1-4) and (5-8) | 2 | 4

4 | (3-6), with 1,2,7,8 held aside | 1 | 2

5 | (1-4) and (5-8) | 2 | 4

Total | | 8 full square knots | 16 half knots

Each complete square knot is the familiar left-start half + right-start half, written L+R; do not count those two halves as two complete knots. Work row by row from the top band down. Between rows, lay all eight free ends flat and renumber their current hanging positions from left to right; never assume that the original labelled physical strand remains in the same working position throughout all knots. Skip a row rather than forcing tension or a desired panel length.

Simple materials and a non-load-bearing band

Choose a dry, cool, freestanding planter or cachepot approximately 9-12 cm across with a reasonably smooth outer wall. The size is only a sizing example. Its actual width and circumference must be measured

at the intended cuff height, not assumed from the nominal pot size. The fabric band must be separate from soil, leaves, drainage holes and any saucer. Protect delicate glaze or unglazed surfaces from friction; do not use this design on a cracked, heavy top-heavy, slippery, unstable or sharp-edged pot.

- Four separate flexible cotton macrame cords, about 160 cm each for a first 2-3 mm-cord practice; each folded length creates two approximately 80-cm hanging strands before tying on. A fold and attachment reduce usable length, so these values are generous starting suggestions, not guarantees. With bulkier cord, make longer strands or fewer rows instead of splicing knots.

- A soft, washable, plain cotton twill tape band, about 20-25 mm wide, length measured pot circumference plus at least 25 cm for removable back-bow ties, and a blunt tapestry needle or fingers for tidying. This is a display band, not a belt, strap, tether or strength-tested fastener. The band carries only its own decorative yarn, never pot weight. If a bow cannot be made comfortably without tightness, cut a longer band rather than pulling the pot or creating a hard knot.

- Ruler or flexible measuring tape, washable pencil/chalk, a padded clipboard to hold the loose band while tying, and scissors used safely by an adult. Optional light paper clips to hold the band to the work board. The clipboard and band are not suspended or weighted.

- Existing plant pot with proper drainage, waterproof saucer and stable flat shelf. Remove the cuff for watering and cleaning; avoid permanently sealing the pot against air circulation.

For example only, a 10-cm circular pot at cuff level would have a theoretical circumference of approximately 31.4 cm (pi x 10 cm). Adding 25 cm suggests at least about 56.4 cm of tape for that ideal circle, not a universal cutting length. Real pots taper or have ribs; measure with flexible tape around the actual location and check that the back ends have enough material for an easily undone bow. Do not equate the diameter at the rim with the diameter at your cuff location.

Review the two building moves

Move A - Folded attachment on fabric tape

Place the tape flat on a table with the intended front up. Fold one 160-cm cord at its midpoint and bring the closed bight under and up behind the tape, then over the front long edge (the edge nearest you) so the bight is visible on the front. Feed the two loose working ends through that bight, and gently settle the hitch so it captures only the fabric tape. This is a form of a lark’s-head attachment; it does not make the tape strong or secure for carrying. Slide the four attachments near the center of the tape, leaving long, free tie ends at each side for the back bow. Check that the folded attachments are not crowding the tie ends.

Move B - Complete square knot on four hanging strands

Identify the outer two working strands and two central filler strands within a chosen four-strand group.

For L, cross the current left outer working strand over the front of the fillers, then under the right outer working strand, leaving a loose left loop. Take the right working strand behind the two fillers and up and forward through that left loop toward you. Ease the half knot without pulling the fillers out of alignment.

For R, reverse sides: cross the current right working strand over the front of the two fillers, then under the current left strand, leaving a right loop. Lead the left working strand behind the fillers, up and forward through the right loop toward you. Set both halves with gentle, matched tension. L+R = 1 complete square knot. Making L twice in a row may create an unintended spiral. Maintain an open, airy structure rather than cinching the panel into a hard cable.

Step-by-step instructions

1. Confirm the planter will stand independently

Choose a planter already resting steadily on its own level waterproof support; the decorative sleeve cannot support it. Verify a normally drained inner pot and an appropriate saucer or cachepot arrangement. Remove the plant or choose an empty identical pot for measuring if it is more practical. No hanging, lifting, tethering or load test is part of this exercise. Keep loose cords away from pets and children.

2. Find a safe dry cuff position

Select a location on the outer pot wall below the rim but above the saucer and drainage area, away from leaves, soil, labels and vents. Prefer a dry, smooth portion without sharp projections or delicate coatings. If no location leaves the drain and saucer clear, do not add a cuff to this pot; practice the panel on a table instead.

3. Measure the band against the real pot

Using flexible tape, measure circumference C around the selected cuff height without pulling tight. Note the location and C in Record 1. Plan a cotton twill band length of C + at least 25 cm for loose back ties, then check actual bow length by holding it around the pot without knotting. Add more tape if the ends seem too short; the band is not tightened to grip the pot.

4. Set up the textile band flat

Lay the measured band on a protected table or padded clipboard with its front facing you and the planned back ties free. Mark the center lightly. Check that the two free ends will remain long enough to reach the back and form a simple quick-release bow without pinching the pot. Do not punch holes in the pot, glue the tape to glaze or use a load-bearing ring.

5. Cut and fold four decorative cords

Prepare four separate cords approximately 160 cm each, using similar thickness and fiber. Fold each in half so there are two working ends per cord. Before adding knots, these make eight hanging strand ends, not sixteen; the folded bights are attachments, not separate working strands. A 160-cm fold gives roughly 80 cm of hanging length before the hitch and knot consumption. Record the material and any deviation.

6. Attach the first folded cord to the band

Follow Move A with the first folded cord, gently drawing its two free ends through its front-visible bight around the cotton tape. Hold the tape flat; do not distort the fabric. This is a decorative hitch around the band only. The pot and its weight are never held by the hitch.

7. Add three more folded attachments

Attach the remaining three folded cords beside the first, across a manageable central width. Avoid bunching them so tightly that the band buckles. Verify four folded-cord attachments and eight downward strands. If necessary, unseat and slide hitches while the tape remains flat on the table; do not pull them around the plant.

8. Make row 1 with two square knots

Arrange the eight strands left-to-right, numbering the current positions 1-8. Make one full L+R square knot from positions 1-4 and another from 5-8. Each full knot uses two halves, so row 1 is 2 complete knots / 4 half knots. Keep the center filler strands in each knot reasonably straight. Ease sides outward evenly.

9. Offset row 2 across the middle four strands

Lay all eight free ends flat and reidentify the current left-to-right positions. Re-lay all eight ends flat and recount them from left to right; set aside 1,2 and 7,8. Combine 3-6 into one center four-strand group and make a complete L+R square knot slightly below row 1. Row 2 = 1 complete knot / 2 halves. Do not connect the band ends into a carry loop.

10. Return to two knots in row 3

Rearrange the eight hanging strands without tangling. Form one L+R in group 1-4, then one L+R in group 5-8. Use gentle spacing so the center remains open and both sides visually balanced. Row 3 is 2 complete / 4 half knots; cumulative 5 complete after three rows.

11. Make the second offset row 4

First re-lay all eight ends flat and count their current positions; keep end positions 1,2,7,8 aside and make one L+R with the current middle 3-6, mirroring row 2. Row 4 = 1 complete knot / 2 half knots; cumulative 6 complete. If the panel twists, check for an accidental second L or second R half and reverse only the mistaken half.

12. Make row 5 and finish the eight-knot panel

Use 1-4 and 5-8 again for two complete L+R square knots. This makes 8 finished square knots = 16 half knots in five rows, with row counts 2 / 1 / 2 / 1 / 2. Leave enough free yarn below so no strand touches the shelf or saucer. If yarn runs short or panel height exceeds the clear pot wall, stop with the actual count or adjust on a future sample; do not splice in hidden load-bearing fasteners.

13. Settle the finished panel on the standing pot

Take the cotton tape with its flat decorative panel around the dry exterior of the pot while the pot remains firmly resting on its normal base. Tie the two remaining tape ends behind the pot in an easy-release bow, not a hard compression knot. If it slips, untie it and keep the band off the pot rather than tightening it into a supporting strap; a decorative bow is not a secure fastening system. The tape and yarn should drape without tugging the pot, contacting soil, obscuring drainage, touching flames or trailing below the base. If it slips or curls, untie it and reposition or retire it as a flat sample. Never pick up the planter by any part of the sleeve.

14. Complete records and remove the cuff for care

Record pot circumference C, band cut length, cord amount, the five-row count, accidental spirals and final clearances. Check whether the dry pot is still stable without using the sleeve as support. Untie and remove the cuff before watering, washing the pot or emptying the saucer; let the textile dry separately and fully before storing or redecorating. The material may shrink or bleed dye; consult its fiber label. This digitally designed pattern has not been physically fit-tested or certified.

Fix, care and preserve

The pot looks less stable when the cuff is tied

Immediately remove the cuff. A decorative panel must not shift, tilt, compress or obscure the pot, and it cannot be used to prevent tipping. Choose a different pot or keep the panel as a flat wall-free sample.

The band slips down, touches water or blocks drainage

Untie it. Do not glue the band to the pot, tighten it into a carrying strap, hang it from a hook or loop it under the base. Relocate to a dry height away from drain and saucer, or omit the sleeve entirely. Water the plant by its normal requirements and empty collected water as appropriate, never using the textile as a drainage aid.

Your rows twist or have uneven gaps

Inspect each four-cord group. Each intended square knot should have one L-start then one R-start half. If the second half also begins from the left, gently undo the most recent half knot and retie the mirror. Uneven gaps can be relaxed by reopening a recent knot instead of yanking tight.

The twill band bunches at an attachment

Slide the adjacent lark’s-head hitches a little farther apart while the band lies flat, then retighten lightly by hand. Do not pull the knots directly against a fragile pot wall.

Cord tails hang into the saucer or trail onto the shelf

Shorten the planned decorative panel by omitting rows, or when safe on a table, trim loose tails with scissors only after checking that no knot will unravel. Do not cut strands under tension around the pot; do not place loose strings where children or pets can grab them.

Cleaning the cuff and maintaining drainage

Remove the cuff before watering and before placing the pot in a sink; allow plant pot and textile to dry separately. Do not assume cotton cord or dye is colorfast or shrink-proof. Follow the actual fiber and tape labels. The plant’s normal drainage takes priority over decoration.

Pattern 1 - Five rows on eight current-position strands

Place four folded cords over the cotton tape to obtain eight hanging strands. At the beginning of each row, count current hanging positions 1, 2, 3, 4, 5, 6, 7, 8 from left to right. On rows 1, 3, 5, make two full knots using positions 1-4 and 5-8. On rows 2 and 4, make one full knot using 3-6 and leave 1,2,7,8 aside. Every square knot is L+R, exactly two half knots. Five rows = 2+1+2+1+2 = 8 full knots = 16 halves. The diagrams are original schematics and do not specify real finished dimensions or strength.

Pattern 2 - Dry pot and removable band plan

Write down measured circumference C at the actual cuff height; plan band length C + 25 cm or more, leaving back ends sufficient for a soft, readily untied bow. A dry pot still rests on its own base; the band sits below the rim but does not cross the drainage exit or saucer. A sample with nominal 10-cm diameter has an ideal mathematical C approx.31.4 cm, not a universal pot size. The decorative front panel hangs down from the band; nothing continues under the pot. Diagram only, not a certified installation.

Record 1 - Pot measurements and five knot rows

Pot type and chosen cuff height: _____

Actual measured circumference C: _____ cm. Tape length cut: _____ cm.

Cord thickness and fiber: _____. Four cut cord lengths: _____ cm each.

Row | Groups | Expected complete knots | Recorded complete knots | Comments

1 | 1-4 and 5-8 | 2 | ____ | _____

2 | 3-6 | 1 | ____ | _____

3 | 1-4 and 5-8 | 2 | ____ | _____

4 | 3-6 | 1 | ____ | _____

5 | 1-4 and 5-8 | 2 | ____ | _____

Total | | 8 | ____ |

Total half knots: ____ (target 16). Any twist or tension issue? _____

Record 2 - Standing-pot safety and care checklist

[ ] The pot stands securely by itself on a level base.

[ ] Band rests on a dry outer wall and is not pressed against foliage or soil.

[ ] Normal drainage and saucer access remain open.

[ ] No band or cord goes under the pot or carries its weight.

[ ] There is no overhead hook, hanger loop, handle or suspension point.

[ ] Band is a quick-release bow; removing it does not shift the pot.

[ ] All cord tails are safely away from the saucer, children and pets.

[ ] The cuff will be removed for watering and left to dry separately.

Observations, limitations and what to change next time: _____

_____

Originality, external references and testing limits

This original Steadleaf Press digital instruction designs a four-folded-cord, eight-strand / five-row decorative front-panel cuff and the corresponding five-row chart, pot circumference planning diagram and two records. External references supply established general techniques only; no third-party graphics, designs or text have been copied.

- Bochiknot - Macrame Square Knot: How to Tie It Step-by-Step (square-knot paths and offset rows): https://bochiknot.com/blogs/macrame-basic-knots/how-to-macrame-square-knot-tutorial

- Australian Centre for International Agricultural Research (ACIAR) - Training manual for making and selling shell jewellery and macrame, alternating square-knot section: https://www.aciar.gov.au/sites/default/files/mn208_shell-basedjewelleryandmacrame-web_0.pdf

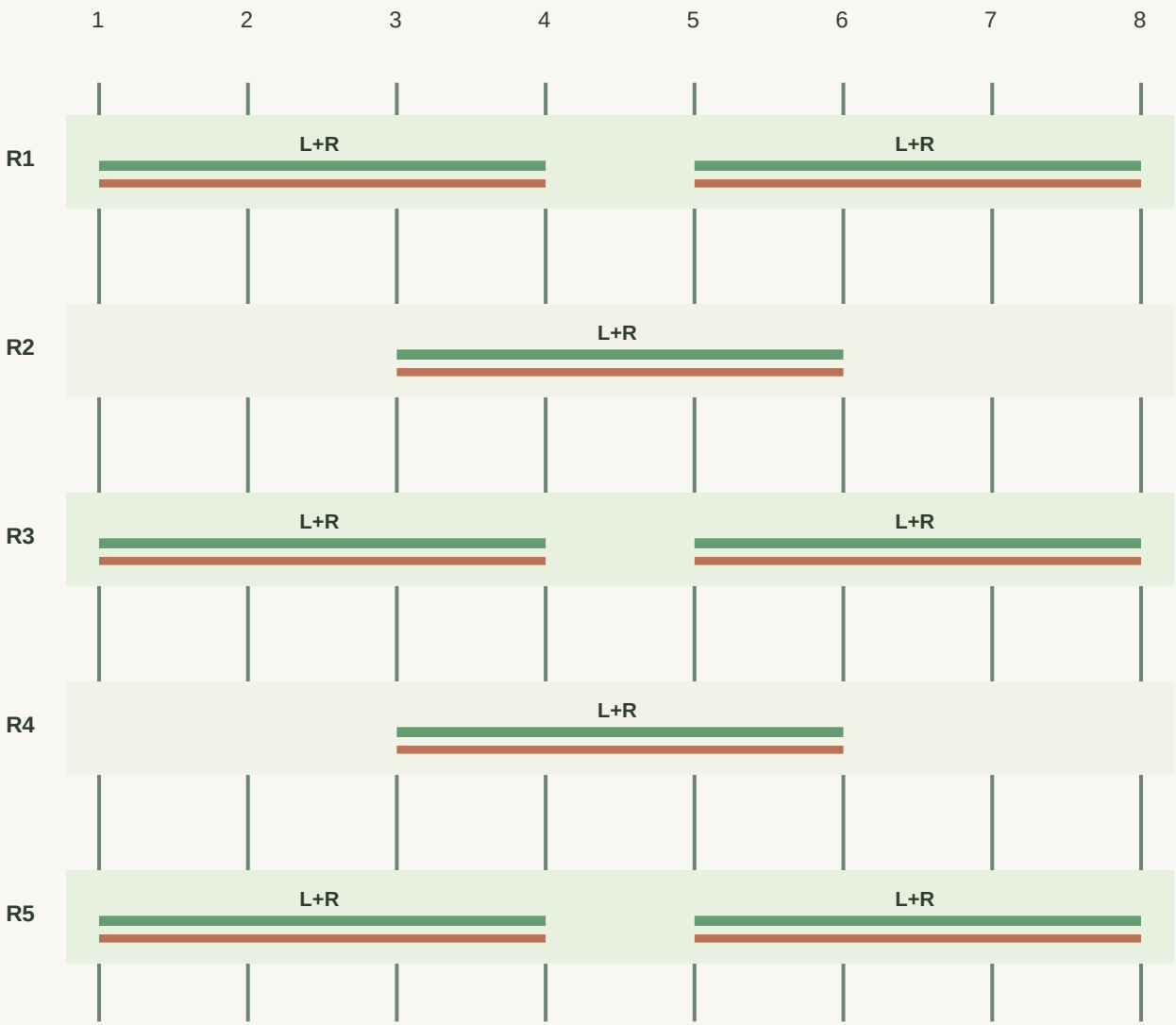
- University of Connecticut Extension - Houseplant Watering Recommendations (drainage and emptying saucers/cachepots): https://homegarden.cahnr.uconn.edu/factsheets/houseplant-watering-recommendations/

- Penn State Extension - Repotting Houseplants (drainage holes and separate decorative containers): https://extension.psu.edu/repotting-houseplants

There is no claimed physical cutting, knotting, textile attachment, sleeve fitting, real pot trial, draining, hanging, load, friction, dye-fastness, wash, durability, printed-scale or child/pet safety testing. Never use this sleeve to lift or support a plant or pot, or as any load-bearing holder.

Five staggered knot rows: eight strands

Fold four cords over cotton tape: four bights -> eight free strands.



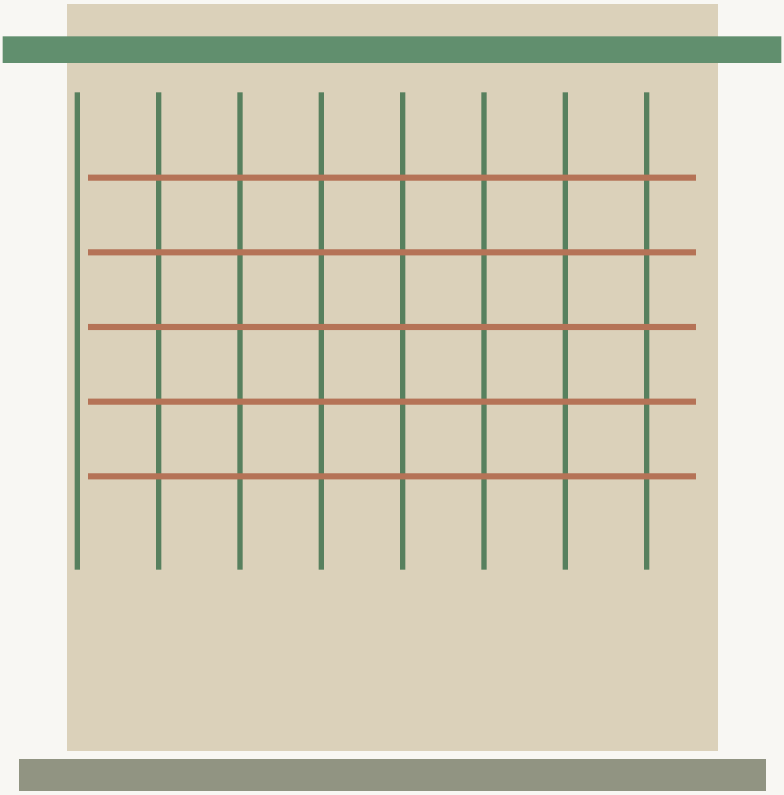
Rows: 2 / 1 / 2 / 1 / 2 complete square knots.

Total 8 complete = 16 half knots. Recount strand positions each row.

Positions are left-to-right CURRENT hanging order, not permanent cord IDs.

Standing pot and removable dry band

Measure dry pot C around the exact chosen cuff height, not at the rim.



Pot stands on its own base: NEVER LIFT BY BAND OR KNOTS.

Cotton tape length = measured circumference C + at least 25 cm.

Cuff stays dry; no straps under base, no hook, no obstructed drain.

Remove for watering or cleaning. Illustration not a fit-tested pot.

Pot measurement and five-row knot tally

Pot / cuff height: _____

Actual circumference C: _____ cm Band length cut: _____ cm

Cord fiber / thickness: _____ Four cord lengths: _____ cm

Row	Strand group	Target	Observed + notes
1	1-4; 5-8	2	
2	3-6	1	
3	1-4; 5-8	2	
4	3-6	1	
5	1-4; 5-8	2	

TOTAL: 8 complete square knots; 16 half knots.

Any twist, pulled edges, short cord, slip? _____

Standing-pot safety and care checklist

- [ ] Pot remains stable independently on a level base
- [ ] Cotton tape rests only on a dry exterior area
- [ ] Drain holes and saucer are fully unobstructed
- [ ] No yarn or tape goes under the base or bears weight
- [ ] No hook, handle, overhead loop or suspension structure
- [ ] Bow is readily removable; no tight compression
- [ ] Loose ends are away from children, pets and saucer
- [ ] Remove for watering; dry textile separately

Notes / improvements: _____

_____

No physical load, knot, safety or drainage trial by publisher.