Take a piece of string and knot the ends together to make a loop. Then, slip it over your hands:

Next wind the string around your palms, not including the thumbs:

Slip the second fingers through the string on your hands and you have your cat's cradle:

You must now ask a second person to pinch the “X” on the sides of the cradle, using their thumbs and first fingers...
... dive inside the middle from below, and pull the strings away.

Now curl the little fingers around the two, inside "X"s, slipping hands under the outside strings as shown to draw the string sideways and take it under the cradle.

Now curl the little fingers around the inside strings, slipping hands under the outside strings as shown, and draw out the side pieces:
Slip the thumb and first fingers under the side string, bring them up the middle, and you have your original cat’s cradle again: