

Trash Fashion Workshop

presents

T-shirt Transformations

*Use old, worn-out t-shirts to create
new fashions and fun items*

Recycle Runway >> 



TRASH FASHION WORKSHOP

T-shirt Transformations

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Loopy Scarf

Time Commitment:

30 minutes

Skill Level:

Beginner

Materials:

1 Large or X Large T-shirt

Scissors

Measuring Tape



Directions:

1. Make Loops: Cut off the bottom hem of shirt. Starting at the bottom of the shirt, cut strips 1 inch wide through both layers. Keep cutting 1" strips until you reach where the sleeves begin. The strips are actually long loops.
2. Stretch: Stretch out each loop so that it curls in on itself and lengthens.



3. Form Loop Bundles: Take each loop of t-shirt and wrap it around your hand 4-6 times. The more you wrap it the shorter and thicker your scarf will be. Lay out these bundles on a table. (See photo, left)
4. Attach Loops together: Cut small (2" x 1/2") strips from the remaining shirt and use them to tie two of the loop bundles together in a double knot. Continue to join loop bundles together until you have attached all of them. Finish by attaching the first loop to the last loop to make an infinity scarf.

Variations:

- ⇒ Use strips from several t-shirts for a multi colored scarf.
- ⇒ Leave the two ends of the scarf unattached for an open ended scarf.

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Dog Toy

Time Commitment:

15 Minutes

Skill Level:

Beginner

Materials

Scissors

T shirt scraps in several colors



Directions:

1. Cut strips: From your t shirt scraps cut strips that are 20" long by 1" wide. You will need 12 strips in various colors. Do not use the bottom hem! Pull each strip so that they elongate and curl in on themselves.
2. Braid: Tie a knot at one end including all twelve strips. Divide the 12 strands into 3 groups and begin to braid down from the knot. Stop braiding about 4 inches from bottoms of the strips and tie another knot in the bottom. Trim the ends and begin playing!

Variations:

- ⇒ You can make your toy smaller or bigger by shortening or lengthening the strips and using fewer or more strips in your braid.

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T-Hat



Time Commitment:

1-2 hours

Skill Level:

Medium

Materials:

1-4 coordinating T-shirt remnants

Scissors

Measuring Tape

Chalk

Needle and thread or a sewing machine

Directions:

- Preparations:** Measure the circumference of your head or if it is for a gift use the following guide: Child (3 and older) 20-22 inches. Adult woman 21-23 ½ inches. Adult man 22-24 ½ inches. NOTE: Cut all rectangles so that the long side is cut across the t-shirt from side to side rather than from top to bottom so that the fabric can stretch around your head. (Most t-shirt material is stretchier from side to side than from top to bottom). Use a zigzag stitch throughout whether sewing with a machine or by hand.
- Cut the Crown of the Hat:** Start with a rectangle of T-shirt that will become the crown of the hat. The length of the rectangle should be the circumference taken from above and it should be 3-5 inches tall depending on the size hat you are making-- the bigger the hat the taller the rectangle. With a ruler divide the rectangle into fourths along the length and mark along the top edge with chalk.

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T-Hat

Directions Continued:

At each mark cut the material ending one inch from the bottom edge (you will be making three cuts) to create four flaps. Using chalk to guide where you will cut, make the rectangle look like the photo on the right making sure that the top of each point is in the middle of each flap.



- 3. Sew the Crown:** Sew the two sides closed with the seams to the inside. Sew the flaps together with the seams to the inside to make a dome shape.
- 4. Add strips to the bottom of the hat.** Choose 2 different colored shirts to add to the bottom of the hat. Cut two strips into rectangles that are the length of the circumference from above and 2-3 inches wide. The strip of fabric that makes the bottom edge of the hat should come from the bottom finished edge of a t-shirt. Sew the strips to each other along the long edge. You can either have the seams going to the inside of the hat or you can overlap the cut edges and have them exposed. Once all the strips are sewn together keeping the bottom piece at the bottom, sew the two short ends together with the seams to the inside to make a tube. Then sew the tube to the crown of the hat.
- 5. Embellish!** The basic hat is finished so you can embellish it as desired. Cut out letters or images from T-shirts and sew them to the hat or embroider designs on the hat.

Variations:

- ⇒ Add more strips and/or wider strips to the bottom of the hat to make it floppier.
- ⇒ Use thin pieces of T-shirts tied together into a pom-pom for the top of the hat.
- ⇒ Make flowers from t-shirt scraps and sew them on for a more feminine look.