

ACCESSORIES: HEADBAND MADE FROM A T-SHIRT



MATERIALS REQUIRED

Old T-shirts, scissors, thread and a needle.

DEGREE OF DIFFICULTY

Medium.

APPROXIMATED TIME REQUIRED

1 hour.

LEARNING GOALS

Lern how to make trapillo yarn (T-shirt recycle fabric) and how to tailor a headband.

ABILITIES DEVELOPED

Attention, determination, fine handling, hand-eye dexterity.

STEP-BY-STEP INSTRUCTIONS

1. Cut the T-shirt into loops. The strips should be 2 centimetres wide more or less. Start by the lower part of the T-shirt. Do not use the hem.
2. Take one of the loops with two hands and stretch it out. Repeat it with all the loops. This way, the roll over themselves and you will have a kind of round string.



3. Place six pieces on your hand and cut them. Now you have six strings with two ends each. This is how you create short pieces of trapillo yarn.

4. Take three of them and place them like this:



5. Now take the other ones and put them on this position:



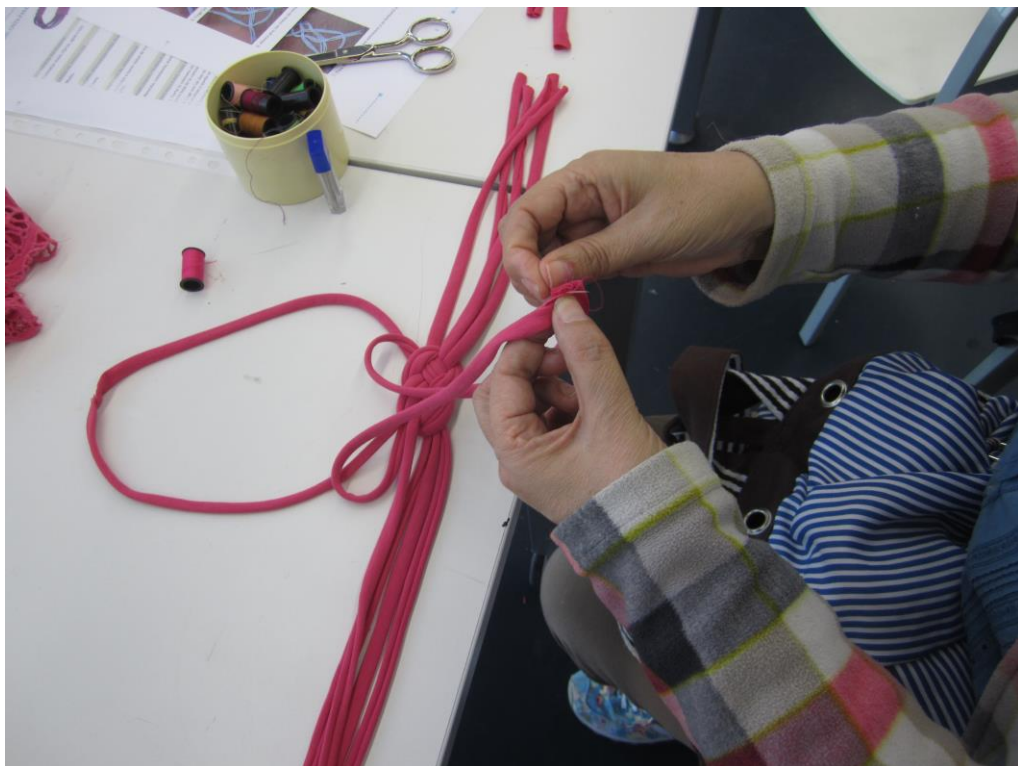
6. And finally put the yarns as shown:



7. Pull carefully from the endings and you will get a beautiful knot on the central area.



8. Now measure your head and sew the endings according to the measure. This way it will perfectly fit you.



9. Cut the surplus if there is some.

10. If you want to make it look nicer you should cut another piece from the T-shirt and roll it around the sewing. Sew it so it remains fixed and doesn't move.



TIPS

You can mix yarns of different colours and use as many as you want. You can also do a different knot, braid the yarns...

