Recycled T-shirt Headband

You will need:

- Pencil
- Ruler
- Scissors.
- An old t-shirt
- Hair elastics
- Sewing machine or hand sewing equipment

Instructions:

1. Cut a strip of frabic from your t-shirt.

2. Pull hard on the strips to stretch your fabric into "yarn."

3. Cut along the seam lines to make two long strips instead of a loop, and it's time to make your sailor's knot!
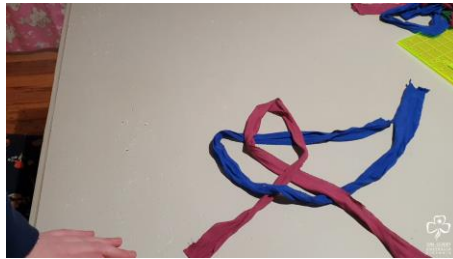
How to tie a sailor's knot:

a) Make a loop with one strip (pink in the example below) and then lay the second strip (blue in the example below) like a smiley face on top.

b) Put the right end of the blue trip under the leg of the pink loop.

c) Take the left side of the blue strip and cross it under the pink loop.

d) Take the long blue strip. Cross it over the pink loop, under the blue strip, and back over the top of the pink loop.

e) Now pull all 4 strands at the same time to tighten your sailor's knot.

5. Decide which side of your knot you would like facing up.

6. Face the 'good side' down on the table, then loop the ends over a hair elastic.

7. Pin to secure.

8. Sew the ends of your headband on to the hair tie by hand or with a sewing machine.

9. Secure the other end of your headband on to the same hair elastic as above in Steps 6 to 9.