

# Trash Fashion Workshop

T-shirt Transformations

Recycle Runway >>



## Knotty Skirt (or Shirt)

### Time Commitment:

45 minutes

### Skill Level:

Intermediate

### Materials:

- 1 T-shirt LARGE
- Chalk
- Measuring Tape
- Scissors

### Directions:

- 1. Measure your Body:** Measure around your waist. Divide that number by 2 and add 5, this is your half-waist-measurement-plus-5. For example if your waist is 32" around, then 21" is your half-waist-measurement-plus-5 ( $(32/2) + 5 = 21$ ").
- 2. How Long do you Want the Skirt?** Hold the shirt up to your body and decide where you want the hem to fall on your legs. Mark with chalk a horizontal line on the top of the shirt where your waistline is. This will be the top of the skirt.
- 3. Mark the Shirt:** Place the shirt on a table and fold it in half sideways, at the waistline chalk mark, create a small perpendicular mark at the center point of the shirt. Open up the shirt and where your waistline mark is, measure the length of your half-waist-measurement-plus-5. Using the example above, the line would be 21 inches long with 10.5 inches on either side of the center point.



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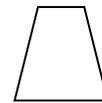
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## Knotty Skirt CONTINUED:

### Directions CONTINUED:

Check that this line is horizontal to the hem line, if not-- adjust. Now draw a line from the end points of the half-waist-measurement-plus-5 line to the bottom edges of the T-shirt. It should look like this:



4. **Cut the Skirt Shape:** Cut along these 3 lines through both layers of fabric.
5. **Cut the Strips:** Now lay the 2 layers of fabric down flat on top of each other (rights sides facing out) and starting at the top right side, cut horizontal slits 1 inch apart and 2.5 inches in from the sides of the skirt. Repeat on the left side.
6. **Tie the Strips:** Starting at the top right side tie the top and bottom strips together in a double knot and continue down the skirt. Be careful not to miss a strip, it's easy to do! Repeat on the left side.

### Variations:

- ⇒ Sew pockets, letters or images to the skirt.
- ⇒ Cut and tie SHIRTS as well, just remember to chose shirts that have 2.5 extra inches on each side for the ties. Or you can make a cut down the back or front of a shirt or skirt too!

