

Trash Fashion Workshop

T-shirt Transformations

Recycle Runway >>>



THROW PILLOW

Time Commitment:

30 minutes

Skill Level:

Beginner

Materials:

1 T-shirt

Scissors

T-shirt scraps for ties and stuffing



Directions:

1. **Cut pillow front and back:** Lay your t-shirt out and cut a circle through both layers. If the shirt has writing or a logo make sure to figure out where you want that on the pillow before cutting.
2. **Make holes and ties:** 3/4" from the edge of each pillow piece, make small holes every 1". Make sure to cut the same number of holes in the front and back piece. From contrasting t-shirt scraps make ties that are 1" by 8". You will need enough ties to go through each set of holes.
3. **Tie it up:** Lace ties through corresponding holes on the front and back of the pillow and tie in a knot. Continue tying up the pillow but leave an opening 5-6". Stuff the pillow with t shirt scraps and then finish by tying up the remaining holes.

Variations:

- ⇒ Try different shapes like rectangles or squares.
- ⇒ Cut out various letters from t-shirt scraps to spell out a word or cut out interesting images and hand sew them to the front pillow piece before lacing up.