

# Trash Fashion Workshop

## T-shirt Transformations

Recycle Runway >>



### 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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#### 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.