

Trash Fashion Workshop

T-shirt Transformations

Recycle Runway >>>



Necklace

Time Commitment:

30 minutes

Skill Level:

Beginner

Materials:

- ♦ Any size T-shirt
- ♦ Scissors

Directions:

1. **Cut the Strips:** Remove the hem from the bottom of the t-shirt(s), then cut 1 inch wide strips from the bottom of the shirts. Cut 16 strips (15 for the necklace and 1 for the binding), you can adjust this according to how thick you'd like the necklace to be. (*The strips are actually rings since you are cutting them through both layers.*) You will eventually double these rings, so 15 strips turns into 30.
2. **Stretch the Strips:** Once you have cut all your strips, S-T-R-R-R-E-E-E-T-C-H each one. This will cause them to roll on the sides and elongate them to twice the length.
3. **Gathering the Strips:** After stretching, lay them one on top of the other. Stack with the seams together. Holding the rings with the seams in each hand, twist (in a figure 8 kind of shape) to double the rings. Now the seams from both ends will all be together and the necklace will be half as long and twice as thick.
4. **Securing the Necklace:** Using the 16th strip of t-shirt, wrap the section where the seams have come together and finish with a double knot. Tuck the ends in or hand sew them to reinforce the strength of the binding.

Variations:

- ⇒ The sky is the limit on the color combinations and thickness!
- ⇒ Want a matching bracelet? Cut up the sleeves, using the same method.
- ⇒ You can also easily turn the necklace into a head band, just use less strips.
- ⇒ Skip steps 3 & 4, wear some as long loops and others looped to various lengths.

