

Upcycling T-Shirts

Spring 2021



Be Well at Work
Faculty/Staff Wellness

T-Shirt Bag

Source: Mommypotamus mommypotamus.com/no-sew-t-shirt-tote-bag-tutorial

Supplies

- T-shirt
- Scissors

Instructions

1. Cut off the sleeves, including the seams.
2. Cut a deep U to create the opening in the neck.
3. Turn the shirt inside out. Cut off the hem from the bottom of the shirt.
4. Cut a 1-inch strip off the bottom and reserve to make t-shirt yarn (can skip if not making yarn).
5. Cut fringe at the bottom, about ½ inch wide and 1 inch long.
6. Stretch the fringe and tie two together, one from the front and one from the back of the shirt. There will now be small gaps between each knot. Take one tie from one knot and tie it to one tie from the neighboring knot to close the gaps. Repeat with remaining ties.
7. Turn the shirt right side out. Wash between uses.

Notes

- Reusable shopping bags should be washed frequently. This bag is easy to clean in a washing machine, unlike some other types of reusable bags.



Face Mask

Source: Rae Gun Ramblings raegunramblings.com/how-to-make-a-face-mask-from-a-shirt-no-sew

Supplies

- T-shirt
- Scissors

Instructions

1. Lay the shirt flat, making sure to line up the seam that joins the bodice to the sleeve.
2. Cut along the seam to remove the sleeve. Cut on the outside of the seam so that you leave any bulk from the shirt behind.
3. Fold the sleeve so that the underside (many will have a seam) goes down the middle. Set aside.
4. Cut along the bottom edge of the shirt to make a long strip. Cut in half.
5. Loop one strip through the sleeve and tie to form ear loops. Repeat with other strip. Bring them to the outside edges of the sleeve and adjust the length so the mask fits comfortably. Adjust the mask as need to make sure it covers your nose and mouth well.

Notes

- Current recommendations (as of March 2021) are to use a mask that has at least 2 layers, fits snugly, and has a nose wire.
- This mask may be better suited as an extra layer when double masking



T-Shirt Yarn

Source: Better Homes and Gardens bhg.com/crafts/easy/how-to-make-tshirt-yarn

Supplies

- T-shirt
- Scissors

Instructions

1. Cut off the bottom hem of the shirt.
2. Cut a 1 inch strip across the width of the shirt, then cut out the seam to form one long strip.
3. Stretch out the strip, one section at a time to make sure it all curls the same way. Stretch it out again, rubbing it along a chair leg if you'd like.
4. To make long continuous yarn, see the link for instructions.

Notes

- Use this yarn for face mask straps, a throw blanket, or other projects!



Adjustable Ear Loops for Face Mask

Source: You Make It Simple youmakeitsimple.com/2020/07/16/how-to-modify-a-tie-face-mask-into-an-adjustable-ear-loop-mask/

This will only work on masks with "tunnels" for the ear loops or straps (you are able to slide the loops/ties up and down). It will not work on masks with ties or loops that are sewn into place.

Supplies

- T-shirt yarn
- Mask with ear loops
- Scissors
- Bobby pin or safety pin (optional)

Instructions

1. Remove the existing ear loops.
2. Use a safety pin or bobby pin to hold one end of the t-shirt yarn, then push it through the space for the ear loops.
3. On the bottom side of the mask, make a small loop next to the mask. Wrap the tie around the loop and poke it through the center of the already made loop.
4. Pull it out and at the same time, pull the knot down to tighten. You will have a loop and a knot.
5. Adjust the knot as close to the mask as possible.
6. Pull the end of the tie to make the loop smaller, but not too small.
7. Now take the top tie and thread it through the lower loop. Cinch the loop to tighten around the top tie. The top tie should be able to slide back and forth, making the loop adjustable!
8. To reinforce the bottom knot, wrap the tie around the base of the knot, and make another knot. Pull it tight.
9. Tie a knot in the top loop so it doesn't slide out of the loop. (You may want to try the mask on at this point to see how long you want the tie to be). **DON'T CUT UNTIL YOU GET IT ALL ADJUSTED.**
10. Repeat on the other side.