

T-Shirt Yarn Rope

INSTRUCTIONS

Materials:

- ★ 3 Old Adult T-Shirts (*these will be cut, but please make sure they don't have pictures, holes or tears, in the bodice section*)

Instructions:

- ★ Watch these visual instructions: <http://tiny.cc/tshirtyarn>
- ★ Cut off chest section of the shirt from the armpit up to the neck.
- ★ Fold shirt from one side edge to 4 inches from the other side edge.
- ★ With sharp scissors, cut 1-inch wide strips from the folded edge up to top of the shorter layer.
- ★ When all the strips are cut, unfold the shirt, opening up the area that has not been cut. It should be about 8 inches wide.
- ★ Cut from the top of the first slit diagonal to the outer edge of the top of the other strip.
- ★ Continue cutting from the top of each slit diagonal to the top of the opposite strip.
- ★ When you're done, you should end up with 1 long continuous strip.
- ★ Begin at one end, and begin pulling 2 ft lengths at a time. The t-shirt fabric rolls nicely into a 1/3-inch yarn.
- ★ Repeat the above process for all 3 t-shirts.
- ★ Cut each very long strip into 6-meter lengths. You should get about 3 of those lengths from each t-shirt.
- ★ Lay out nine 6-meter length strips beside each other.
- ★ Grab them together in the middle, leaving 3 meters on either end, and tie a slip knot.
- ★ Begin braiding from the slip knot towards one end using 3 strips for each section of the braid. Once you've braided about 1 ft out, someone else can release the slip knot and begin braiding from the slip knot to the other end.
- ★ Tie off each end with a single overhand knot to secure it.
- ★ We will use this rope for our afternoon games on a live Zoom session.

