



ESKER YOUTH ENGAGEMENT



We've all been spending a lot more time indoors lately- freshen up your space with this decorative wall hanging made from old T-shirts ☺

This is a multi-step project you can do over a weekend, or skip the dyeing if you prefer and use coloured t-shirts for the wall hanging.

### FOR THE DYEING YOU'LL NEED:

- 👁️ Veggies; 4-5 beets (red-pink colour) and/or ¼ purple cabbage (purple-blue colour).
- 👁️ 1-2 cups white vinegar
- 👁️ 1-2 old T-shirts, size Medium or larger, preferably white
- 👁️ Scissors
- 👁️ 2-3 medium to large pots
- 👁️ 2-3 spoons
- 👁️ Slotted spoon
- 👁️ Drop cloth or plastic garbage bag, cut open
- 👁️ 2-3 rubber bands (optional)
- 👁️ Rubber gloves (optional)

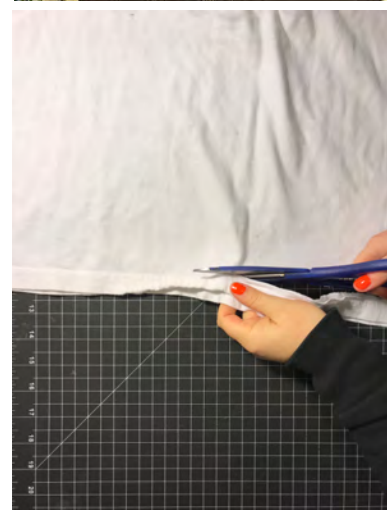
### FOR THE WALL HANGING YOU'LL NEED:

- 👁️ A dowel or stick (for a more rustic look), about 30 cm long
- 👁️ Scissors
- 👁️ String
- 👁️ Decorative flowers (optional)

### INSTRUCTIONS:

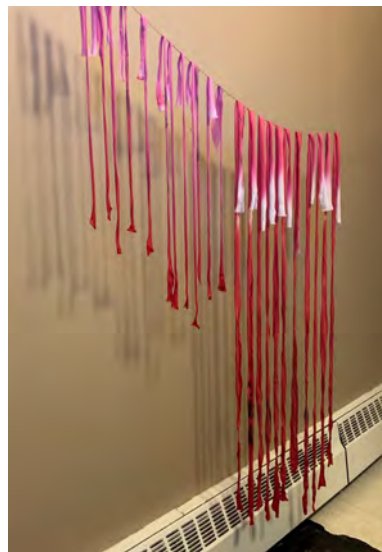
#### Cut your T-shirt strips

- 👁️ Lay your t-shirt flat. Cut strips (approx. 2-3 cm wide) **horizontally**, from left to right, through both sides of the shirt. You will need 16 total; depending on the size of your shirt, you may need two in order to get enough strips. This will result in **16 loops** of fabric.
- 👁️ Cut one side of each of the loops, so you will now have **16 long strips** of fabric.



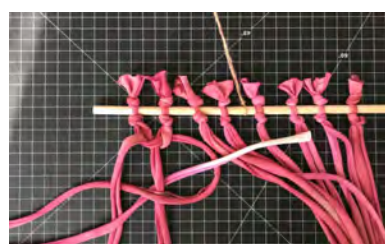
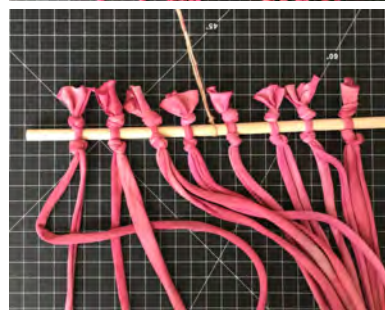
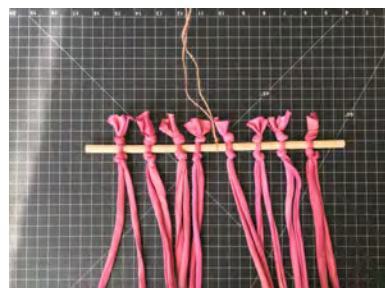
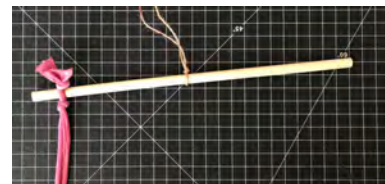
## Preparing the Dye & Dyeing your fabric

- 👁️ **Peel and cut beets** into approx. 2-4 cm chunks and put them into a medium-sized pot. If you are using cabbage as well, cut up ¼ of the cabbage into strips, and put them into another pot. You may want to wear rubber gloves while handling the beets; the juice can stain your hands.
- 👁️ Fill both pots with **water** to cover the veggies, up to about 2 inches from the rim
- 👁️ Put your t-shirt strips into another pot.
- 👁️ Fill the t-shirt pot with a **1 to 3 ratio of vinegar and water** to cover all of your fabric strips; depending on the size of your pot, this may mean 1 cup vinegar, 3 cups water, or 2 cups vinegar, 6 cups water. The vinegar helps the dye to stick to the fabric.
- 👁️ On separate burners, bring all pots to a **boil**.
- 👁️ Once boiling, turn down the heat and let all the pots **simmer** for 1.5-2.5 hours.
- 👁️ Turn off the heat under all the pots.
- 👁️ Use a slotted spoon to remove the beets and cabbage from their pots (if you want, you can use the veggies for a recipe, or compost them), leaving behind the coloured water. **This is your dye**.
- 👁️ Set your dye pots down on a **drop cloth**, or cut open a plastic garbage bag. You can also use newspaper.
- 👁️ Now your fabric is ready for dyeing; you can fully submerge your strips into the pots of coloured dye, or if you want to experiment with a **faded effect**, tie one end of your strips together with a rubber band, and leave it hanging outside of the dye pot.
- 👁️ **Leave your fabric in the dye** for 6-8 hours, or overnight, if you can! Remember to keep your ends out of the dye if you want the strips to have a faded look.
- 👁️ Grab your fabric strips and carefully **squeeze out the excess dye** into the sink. You don't need to rinse the fabric, because you won't be washing it.
- 👁️ **Hang your fabric strips to dry**; put your drop cloth or plastic garbage bag down to catch any drips.

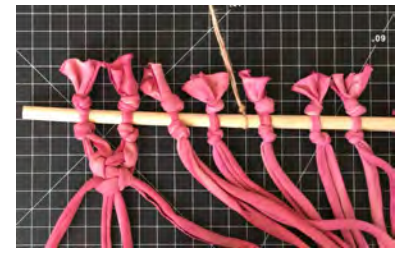


## Making your wall hanging

- 👁️ **Anchor your dowel or stick** by tying some string in the center, and putting something heavy on the other end of the string; or you can try tying the other end of the string to a chair. This is so that you can pull against your project and have some resistance.
- 👁️ Take 2 of your fabric strips and knot them together close to one end. Slide the dowel between the 2 strips and knot just beneath the dowel to attach the strips. **Repeat**. This will result in 8 pairs of fabric strips tied to your dowel. Spread them across the dowel evenly.
- 👁️ **Start with the 4 strips on the far left**. You will work with just these 4 strips for the next 5 steps. Take the far-left strip and lay it over the 3 strips to the right to create what looks like a number '4.'
- 👁️ Take the strip that's on the far right of your 4 strips out from under the '4' and lay it on top.
- 👁️ Take the strip you've just laid on top, loop it under the 2 centre strips, feed it back toward the left, through the hole of the '4.'
- 👁️ Pull the outermost strips in opposite directions to tighten- you don't need to pull too tight- just until the strips are about **2 cm beneath the dowel**.
- 👁️ **Repeat this in reverse**, making a backwards '4'; start with the right-hand strip, lay it over the 3 strips to the left, take the far-left strip out from underneath, and lay it on top. Take the strip you laid on top and feed it back toward the right, underneath the 2 centre strips and through the hole of your backwards '4.'
- 👁️ Repeat starting with the left side strip, then the right-side strip to create a knot that looks like a square.
- 👁️ Move on to the next set of 4 strips, and repeat the knot as listed in the above 6 steps. Do this with the last 2 sets of strips. You will end up with a total of **four knots** that look a bit like boxes, about 2cm beneath your dowel.



- 👁️ Now you're going to create new sets of 4; set aside the 2 strips on the far left. Group together the 4 adjacent strips to the right (so you'll be using 2 of the 4 strips from your far-left group).
- 👁️ Repeat the knotting process as above.
- 👁️ Group the next 4 strips, and final set of 4, for a total of 3 knots; you will be left with 2 strips on both the left-hand and right-hand sides.
- 👁️ When beginning your next row, simply group together the original sets of 4 strips.
- 👁️ Repeat the pattern!
- 👁️ Make as many rows as you like, alternating your grouping of strips as you go from row to row.
- 👁️ Once the hanging is as long as you'd like it to be, trim the ends of the strips.
- 👁️ Add some real or fake flowers for added decoration!



Post your wall hanging on Instagram and tag [@eskerfoundation](https://www.instagram.com/eskerfoundation/), we'd love to see what you make 😊

For an [instructional video](https://vimeo.com/eskereducation/veggie) about how to make the wall hanging, visit: <https://vimeo.com/eskereducation/veggie>

This wall hanging uses a [macramé technique](#). To experiment with other patterns and projects, try:

<https://www.thesprucecrafts.com/free-macrame-patterns-4177826>

<https://preppywallpapers.com/25-easy-diy-macrame-projects-for-beginners/>

