

Step Over
Club

T-SHIRT

DECORATING GUIDE

SHIRTS TO TIE-DYE FOR

Tie-dye involves twisting and bunching your T-shirt and then applying colors to produce groovy, all-over multi-colored patterns. Read on!

FIRST, THE TOOLS...

- Your T-shirt (white or light colors work best)
- Fabric paints
- Buckets or large bowls that can hold 4 cups (1 quart) of water (use a separate bucket for each color)
- WIDE rubber bands

NOW, THE RULES...

Prepare the fabric paint: Add a tablespoon or two (about half the bottle) to 4 cups of water. The more color you use, the stronger the color. If it's too weak, add more color; if it's too strong, add more water. If it's just right, you're ready!

1. SHIRT PREP

Free Form: If you don't want to use rubber bands to make designs, you can just dip various parts of the shirt into different colors.

Rubber Bands: Are you with the Band? Decide if you're going to use rubber bands or not.

Rubber bands will cover sections of fabric so the color won't get on it. This usually ends up making "star burst" patterns or stripes. Remember: Wherever you put a rubber band, you are blocking the color. Fold your shirt in half, accordion fold it, or don't fold it at all. Now wrap rubber bands on various parts: Wherever you put one, make sure you wrap it very tightly. Tighter! You can do it!

IMPORTANT THINGS YOU ABSOLUTELY HAVE TO KNOW

- We're giving you fabric paint in four colors—hot pink, blue, magenta, and yellow. But your art teacher has already taught you to mix those colors to make new colors, yes? Like purple, green, orange, hot orange, hot purple and a zillion other gorgeous shades.
- Don't make your T-shirts on the sofa. Or on your bed. (Duh!) Make them in the kitchen, or even outdoors, if it's warm and light out. And how about putting on an old shirt or smock to protect your jammies?
- Of course you can do whatever you want, but we don't think you should apply the paints directly to the shirt straight from the bottle. That uses it up too fast. Pour into a plate and sponge it on instead, to make it go farther.

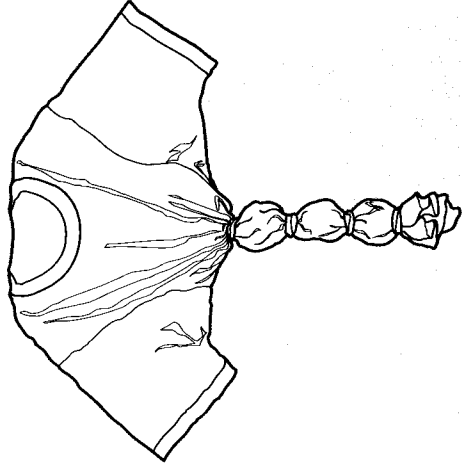
You may sleep in your lovely creations tonight only if you have dried them in the dryer first. (More details on all this later!)

READY? SET? CREATE!

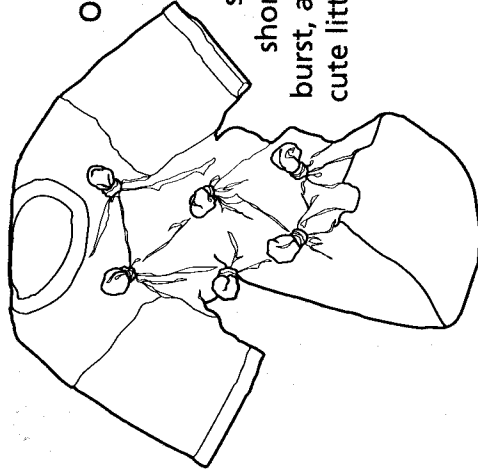
2. READY, SET, DYE!

Pick Your Style:

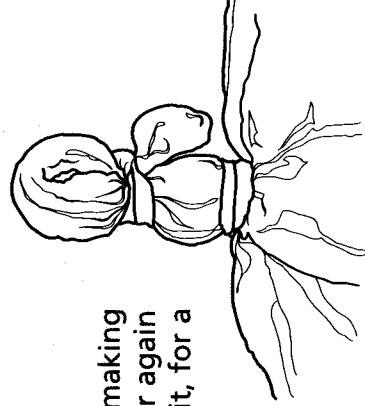
- Dip the whole shirt in one color.
- Dip in a light color first, wring it out, then dip in a darker color.
- Dip different parts in different colors.
- Dip each ponytail in a different color. For a two-color two-banded tail, dip the whole tail in one color, wring it out, then take off one band and dip in a darker color.
- Use an eyedropper or a spoon to color small sections with whatever colors you want. Remember: Wherever you put a rubber band, you are blocking the color, so if you color your shirt yellow and then add a few more ponytails to the yellow area, the fabric underneath the rubber bands will remain yellow, even if you dunk the whole shirt in magenta color (which makes orange!).



You can make horizontal stripes up the body by scrunching and bunching with bands like this:

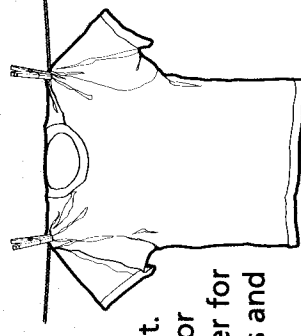


Or make star burst patterns by covering the shirt with one giant, or lots of smaller ponytails. You can make the T-shirt ponytail thingie long or short. A long one makes a giant star burst, a small one makes an itty-bitty cute little one.



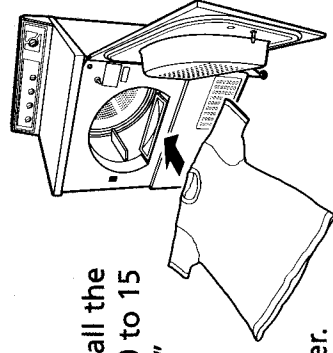
Make star bursts inside star bursts by making one long ponytail, then folding it over again and putting another rubber band on it, for a two-banded tail.

3. DRY!



Here's the hard part: You must hang your shirts up with the bands still on to dry for a half hour! This is real, real, real important. So hang 'em up, and go make your snack, or watch a video, or sit and stare at each other for 30 minutes. Then remove the rubber bands and let it dry another 30 minutes.

4. DRY AGAIN!



When they've air-dried for an hour, put all the shirts into the dryer on HIGH heat for 10 to 15 minutes. This is mucho essential: It "sets" the color and makes it last.

5. STICK ONE ON!

- When your T-shirts are dry, add a sticker. You're sooooo creative!

FREE-FORM DESIGN AND STENCILING...

FIRST, THE TOOLS...

Fabric paints/colors: Put some, straight from the bottle, onto the paper plate or pie plate. You can mix colors (with the disposable stirrers) if you want, on another plate.

Sponges: Separate the big sponge into 6 little sponges, one for each girl. You'll apply colors with a DRY sponge. And use a different edge of the sponge for each different color. Cool!!

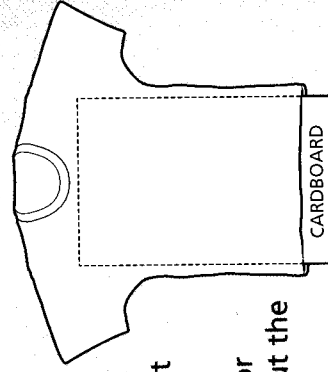
NOW THE RULES...

1. Figure out where on the shirt you want the design to appear. This is important. You don't want your design to end up sticking out of your armpit or tucked into your jeans.

2. Take your cardboard or a couple of paper grocery bags (put them on top of each other, so the flat sides face up) and cover the surface with waxed paper or aluminum foil. Tape it all together.

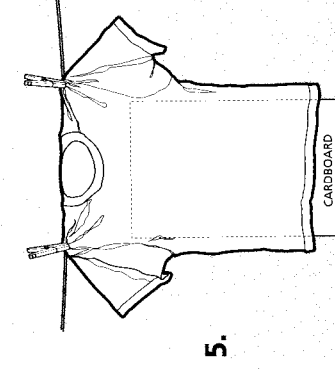
3. Pull the T-shirt over your cardboard (or bags). You want a smooth place to put the design, but don't stretch the shirt so tightly that your design will scrunch up when you pull it off. Fold the rest of the shirt around the back, and tape it there.

4. **Create your design.** Use a stencil, one of our designs (next page), or make up your own! To get a cool kind of mottled effect, dab the sponge into the color and then onto the shirt... by itself, for background, or over a stencil for an instant design. Put the stencils down with masking tape and sponge paint into the empty space.

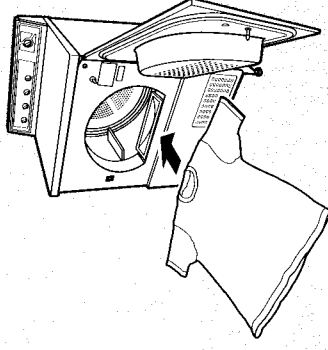


5. Don't remove the cardboard or grocery bag until the design has air-dried for 30 minutes.

6. You're finished, except for that important rule about putting the shirt (remove the cardboard) in the dryer for 10 or 15 minutes after it has been air-dried.



5.

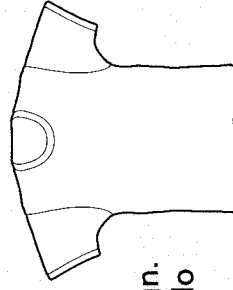


6.

CREATE YOUR OWN DESIGN, OR TRY ONE OF THESE...

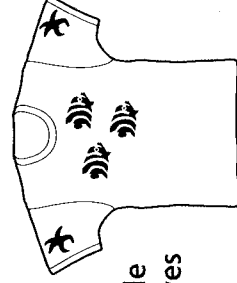
FRIENDS HOLDING HANDS

Stencil the friends in a line to create the design. Let the front dry, then do the back! You can do lots of stripes, too.



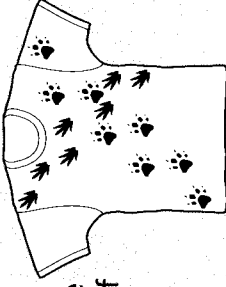
UNDERSEA SCENE

Use a sponge to create a light blue, watery background. Let it dry. Then stencil on the little fishies! For extra fishiness, get some googly eyes at a craft store and glue them on.



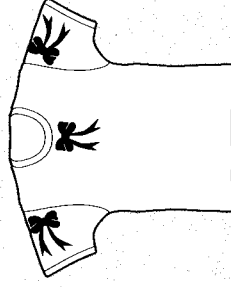
PAWS

Use the paw print stencil to create this tribute to our furry friends. Run prints up the front of the shirt and over the back. Add the personal touch by adding the name of your dog or cat.



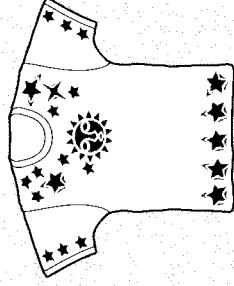
TAKE A BOW

Bows bows bows...you gotta love them. Especially when they're this easy.



SUN, MOON AND STARS

Create this heavenly T-shirt by using the sun, moon and stars in a random, all-over pattern.



FABRIC PAINTS: Non-Toxic—Conforms to ASTM-D4236.

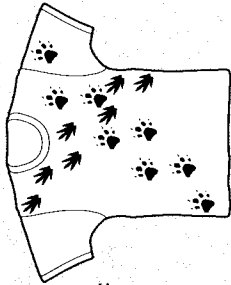
The colors used in this kit are washable and can be made permanent with heat. Wipe up spills immediately. If paint is spilled on porous materials, it may stain.



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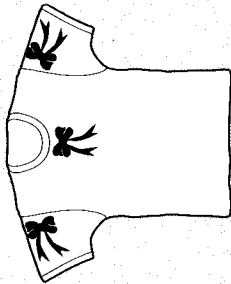
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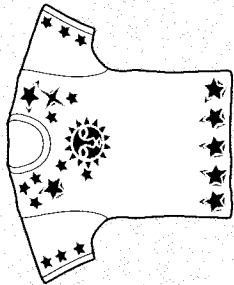
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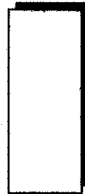
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