

## Game Lesson 3 : Tie Dye T-Shirt - Page 1

Making a tie dye t-shirt.



### Objective:

Tie dying is loads of fun and can be done with pretty much any item of clothing – like baby grows, socks, jeans or even other materials, like towels and table cloths. In this exercise we explain how to make a tie dye t-shirt. It develops a child's fine motor skills and provides the opportunity to talk about the colours and texture of materials alongside colour mixing and colour co-ordination.

### Equipment Needed:

Elastic bands or string

Pre-washed and still damp t-shirt (or another item that can be tie dyed)

Rubber gloves

Fabric or food dyes - Use bold Nutri Troop colours like green, red and yellow!

Old bottles or cartons with caps or spray attachments (plastic drinks bottles work best)

Warm water

Salt

Large & deep dishes or trays for dyeing

### Instructions:

Always supervise children when working with chemical dyes and adult equipment.

1. Begin by mixing up the powdered dyes separately with warm water and salt, following the manufacturer's instructions for the measurements. A good guide is to make up 500ml in each dye colour.
2. Pour the dye mixtures into the clean bottles or cartons. Top with a spray attachment or use a push pin to create a hole in the top of the old cap to squirt the dye through.
3. Make sure the fabric or item for dyeing has been washed and is still damp before you begin dyeing.
4. Cover all work surfaces with a protective sheet or, better still, do dyeing outside on a sunny day for less-mess. Tie-dyeing, with all its potential for mess, is a great outdoor craft!

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### How to tie dye a chevron stripe t-shirt:

1. Begin by folding the t-shirt lengthways in a concertina pattern. Fold several times, remember the fewer the folds, the fewer chevrons, let each child decide how many or little they want.
2. Using an erasable pen in a similar colour to the fabric dye, draw diagonal lines across the t-shirt every 10cm. Increase this measurement for wider stripes.
3. With elastic bands or string, tie the t-shirt up in the direction of the diagonal lines. Gather the material up tightly to make sure no dye can soak in underneath the string.  
Tie the string in the direction of the diagonal lines
4. Continue tying up the t-shirt along the diagonal lines along the entire length of the t-shirt.
5. Place the tied up t-shirt in a large dish ready for dyeing. Using two colours of the pre-mixed dye, apply each colour to every other stripe.
6. Once tie dyed, leave the dye to soak in for as long as the manufacturer advises. Then rinse with cold water until the water runs clear and it's ready for washing.

### How to tie dye a circle t-shirt:

1. Begin by tugging up small sections of the t-shirt between thumb and forefinger. Using an elastic band or a piece of string, wrap around the circular section tightly and knot to secure in place.
2. Continue tying off the circles all over the t-shirt.
3. Fill a deep dish with the pre-mixed blue dye and dunk the tied t-shirt in the mixture.
4. Keep pushing the t-shirt down into the dye until it's completely covered. Leave to sit for about five minutes.
5. Remove the t-shirt from the dye solution and wring out any of the excess dye. Wrap the t-shirt in a piece of cling film and place it on a microwavable plate. Microwave on a high setting for about 1 minute. The heat will help the dye take to the t-shirt and means less waiting around. Rinse in cold water until the water runs clear and its ready for washing.

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### How to tie dye a spiral t-shirt:

1. Start by twisting the centre of the t-shirt or fabric into a spiral shape.
2. Keep squashing the t-shirt into the spiral shape, eventually gathering all the fabric into one big, tight spiral ball.
3. Using either string or elastic bands, gather the spiralled t-shirt together into six sections.
4. Now it's time to tie dye! Place the spiralled t-shirt into a bowl and apply the chosen dyes. Dye every other stringed-off section to leave some of the white t-shirt on show. Allow the dye to soak in following the manufacturer's instructions. Rinse off with cold water and then it's ready for washing.

### How to wash tie dye t shirts:

1. Rinse the material with cold water under the sink.
2. Fill basin with warm water to set the dye - This will stop it from bleeding onto other clothes when it's put in the washing machine next time. Mix in a small amount of washing detergent into the water as well.
3. Leave it in the basin - Let the tie dyed material soak in the mixture of water and detergent for about 15 minutes.
4. Wash the shirt again under cold water. Be careful not to rub it too hard. Then allow it to soak again for another 10 minutes.
5. Hang it out to dry - If possible, hang it out over the bath or in the bathroom, to ensure that any leaked dye doesn't find its way to carpeted flooring.
6. After these steps, wash it in the machine but be sure not to wash the material on too high a temperature for the first couple of washes.

### Outcomes:

Children develop dispositions for learning such as curiosity, confidence, creativity, enthusiasm and imagination and have an end product they can wear and be proud of.