

Sew a Scrap Fabric Hair Tie



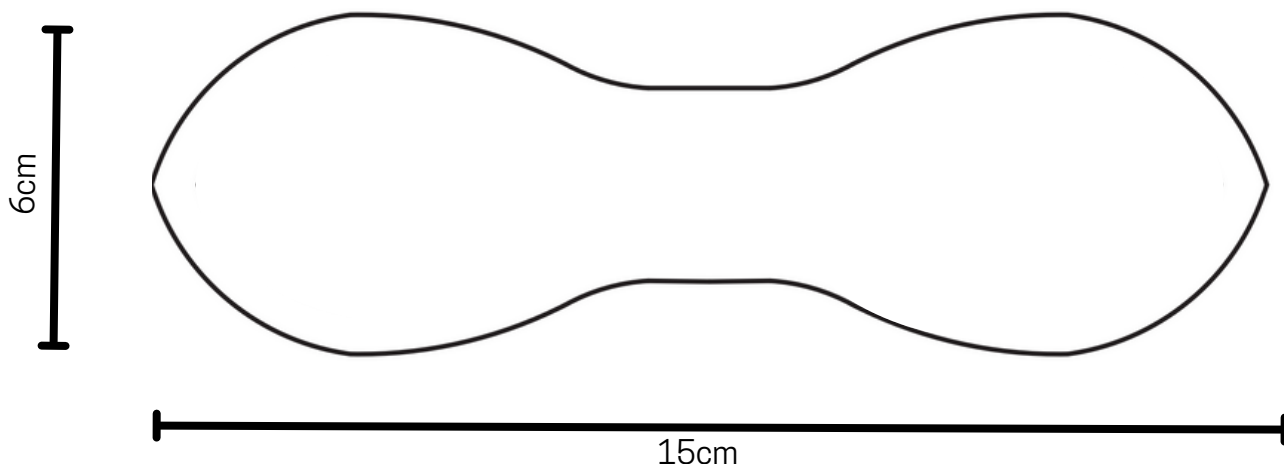
A simple, sewing project that reduces landfill and looks store-bought.

What you will need:

- Template
- Scrap fabric. You can use one piece of fabric folded in half (about 14cm x 32cm) or 2 different pieces of fabric (about 7cm x 16cm). There's no need to buy expensive, new fabric. Look around for old sheets, clothes or dress-ups that can't be repaired, tea towels or fabric face masks that no one is using anymore. Get adult permission before cutting things up.
- Scissors
- Needle and thread
- Hair elastic

What to do:

- Print and cut out the template below or draw one the same size. Use cardboard if you're planning to make a lot of ties.
- Follow the instructions on the next page.





- Fold your fabric in half so the wrong side (less bright side) is facing out. If you're using 2 pieces of fabric, place them together so the wrong sides are facing out.
- Place the template on the fabric, trace around it and cut out the shape.
- Thread the needle and tie a knot the end.
- You'll need to leave a gap in your sewing to turn the fabric the right way, so insert your needle about 1.5cm from the centre of the bow. Pull the thread through and make sure the knot is secure.
- Sew just inside the edge of the bow using **running stitch**. Running stitch is one of the easiest stitches to learn. It's made by taking the needle up and down through the fabric at regular distances. There are lots of free video tutorials online. You can mark the fabric with dots at equal distances to guide you if you like. It doesn't have to be perfect but make sure that the distance between stitches is small so you don't end up with big holes in your bow.
- Sew around the perimeter of the bow, stopping about 3cm from where you started. Tie a knot and cut off the remaining thread.
- Reach inside the gap and pull the fabric through to turn the bow inside out. You might want to use a chopstick or pencil to help push the fabric through.
- You can sew up the gap using whip stitch or just cover it up when you tie the bow.
- Tie the bow onto a hair elastic.

Can you think of any other things you can make with scrap fabric? Show us what you have made on the [Kids Creations Gallery](#).

