

REGess!

waco parks and recreation

MAKE A TIE-DYE SHIRT

YOU'LL NEED:

- Plain white t-shirt
- Food coloring
- 4 empty plastic water bottles
- Water
- Rubber Bands
- Pen, nail or pin
- Gloves
- Plastic bag



INSTRUCTIONS:

1. Fill the plastic bottles halfway with water. Use food coloring (colors of your choice) to color the water in each bottle.
2. Screw the caps back on each bottle, and poke a small hole in the middle of each cap using a pen, nail or pin. To skip this step, use water bottles with a push/pull lid instead.
3. Lay your shirt flat on a table (front-side up). Pinch the middle, and lift the shirt off the table. Wrap 3-4 rubber bands around the shirt, spacing them however you like (down the length of the shirt).
4. Choose a colored water bottle, and squirt it on one section of the shirt, until all the white is gone.
5. Select another color for the next section. Repeat this process with the colors of your choice until all sections are colored.
6. Place the shirt in a plastic bag for 4-6 hours.
7. Take the shirt out of the bag, remove the rubber bands and hang to dry. Your tie-dye shirt is now ready to wear!

