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Make Your Own: T-shirt Yarn

*Instructions derived from Creativebug

Materials

- T-shirt (any size/ sleeve length; 100% cotton is best)
- Cutting Tool (either scissors or a rotary cutter + cutting mat)

Method #1: Scissors + Time

1.) Deconstruct the T-shirt
   - Cut off the lower (torso) section, just under the arms of the shirt. Cut off the bottom hem.

2.) Cut in a spiral, creating one long strip of fabric
   - Begin the cut at a 45° angle from the bottom of the shirt (If applicable, start at the side seam).
   - Make the strip ~1" wide (to make things easier, you can use a ruler to measure an inch from the tip of your thumb and use that to guide you as you cut).

   Note: At the point where you begin cutting, there will be a slight bulge on your first pass around -- you can trim this later to even it out.

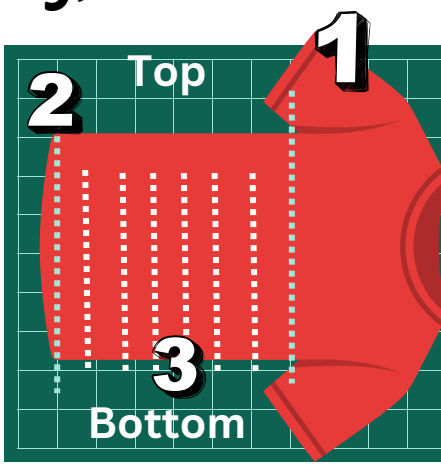
3.) Optional: spiral cut the sleeves and upper section
   - Cut off the sleeves, hems, and collar and repeat step #2 for each piece, starting at the edge of the collar.
   - Note: These pieces will not be as smooth as the lower section -- you can trim the edges to mitigate that. The sleeves will only yield very short sections of yarn.

4.) Starting at one end, pull the strip firmly, section-by-section, to stretch it until is curls and lengthens
   - Note: If your shirt has side seams, you'll need to grip each section at the seam-lines in order to avoid ripping the seam.

5.) Optional: Measure the length of your yarn so you can label it

6.) Wrap it into a ball
   - Wrap 10x around 3 fingers; Remove coil from fingers and wrap around the middle 20x; Turn 90° and wrap 5-10x per side until a ball forms, then wrap it continuously, turning the ball as you go.

Method #2: Rotary Cutter = Speedy (but tricky)

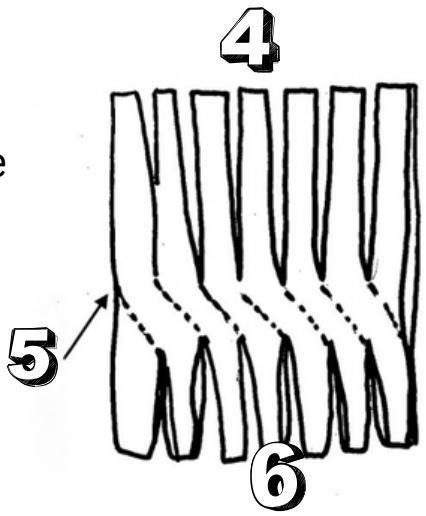


1.) Lay the shirt flat on a cutting mat

2.) Cut off the hem from the bottom of the shirt

3.) Starting from the bottom, cut straight 1" strips, STOPPING ~3 in. from the top
- Cut off the upper section of the shirt (just under the arms).

4.) Open up the shirt at the uncut section



5.) Starting at the left-most side (the lower, formerly hemmed edge of the shirt), cut the end strip at a shallow, diagonal line to the left (the thin end will be trimmed)

6.) Line up the cut strips and make vertical (slightly diagonal) cuts to create a long, continuous strip
- Note: Be careful when you get to the end strip -- it will require another shallow, diagonal cut.

7.) You now have 1 long strip of cloth. Starting at one end, pull the strip firmly, section-by-section, to stretch it until it curls and lengthens
- Note: If your shirt has side seams, you'll need to grip each section at the seam-lines in order to avoid ripping the seam.

8.) Optional: Measure the length of your yarn so you can label it

9.) Wrap it into a ball
- Wrap 10x around 3 fingers; Remove from fingers and wrap the coil 20x; Turn the ball and wrap 5-10x per side until a ball forms, then wrap it continuously, turning the ball as you go.

Ideas for using your T-shirt yarn

- www.thecraftyblogstalker.com/9-t-shirt-yarn-project-ideas/
- www.gathered.how/arts-crafts/10-practical-t-shirt-yarn-projects
- www.sustainmycrafthabit.com/top-20-tshirt-yarn-projects/
- www.lovecrafts.com/en-gb/c/article/tshirt-yarn-projects