

SIMPLE UPCYCLED T- SHIRT NECKLACE

You'll Need:

1 x old T-shirt

1 x Scissors

Fabric scissors & T-shirts with stretchy fabric work best



STEP ONE

Lay your T-shirt on a flat surface. Cut off and discard the hem then cut the body of the T-shirt horizontally into strips.

Make sure you are cutting through both sides to make loops.



STEP TWO

Take your strips one by one, and pull both ends to stretch. Stretch them out until the edges start to curl.

Try to make sure you are stretching each strip out to around the same length.



STEP THREE

Gather the stretched strands one by one, until you have the thickness you want your necklace to be. You can also double the loops over, (like I've done in the picture on the right) to create a shorter necklace.

Try to keep the ends with seams together



STEP FOUR

Once you have the thickness you desire. Wrap the seams with a scrap bit of fabric from same same T-shirt and you're done.

You can also use ribbon, or another piece of scrap fabric for this.

Tie and tuck the ends of the scrap under themselves to make sure they stay secure but hidden.



BRAIDED UPCYCLED T- SHIRT NECKLACE

You'll Need:

1 x old T-shirt

1 x Scissors

Tape

Glue (Hot glue gun if you have one)

Fabric scissors & T-shirts with stretchy fabric work best



STEP ONE

Lay your T-shirt on a flat surface. Cut off and discard the hem and cut the body of the T-shirt horizontally into strips.

Make sure you are cutting through both sides to make loops.



Step two

Take your strips one by one, and pull both ends to stretch. Stretch them out until the edges start to curl.

Try to make sure you are stretching each strip out to around the same length.



STEP THREE

Gather 6 of your stretched strands, making sure the seams of both sides are together.



STEP FOUR

Use a small strand of fabric from the same T-shirt to tightly tie the strands together just below the seams. Then, cut in between the seams and the tie.



STEP FIVE

Untangle the strands and use another small strand of fabric to tie them together slightly above the seams. (Opposite to the one you've just tied and cut)



Step Six

Divide the strands into equal thirds and start braiding them together. Use masking tape, to tape the top of your braid to a flat surface. This will stop it moving around.

Stop braiding when you have reached your desired length, make a tight knot at the base of the braid and cut away any excess length.



Step Seven

If you have access to a hot glue gun, put a dab of glue on the end of your braid and join it together with the other end of your necklace.

If you don't, knot the little ties together to secure the ends.



Step Eight

Your necklace should look something like this. Cut off excess length on any knots and ties.

Now, cut two small rectangles from the top half of your T-shirt.



Step 9

If you have a hot glue gun, put some glue over the ends where the braid meets the strands of your necklace, and wrap the rectangle over the join.

If you don't have a glue gun, you can use pritt stick on the edge of your rectangle. Wrap it round, then pritt stick the other edge and press down.



Step Seven

Repeat on the opposite side, and your done!

I used the pritt stick method, so I've added a little decoration to make the wrap extra secure. I've wrapped and secured another strand over the wrapped piece of fabric on both sides.



There are endless combinations and styles of jewellery you can make, just using old T-shirts. Play around with different braids, knots and colours.

You can add beads, ribbon, thread chain or charms from unworn jewellery and even things like washers work well.

Take a look at the examples below for more inspiration. They were made at a workshop a few years ago. Have fun and please share your creations tagging Kirsten Manzi Jewellery!

