

# How to make scrunchies

Youth to Sea



Every year, the average Canadian disposes 37 kg of textiles\*. Avoid sending clothing to landfill by learning how to transform old clothes into scrunchies with this step-by-step guide!

\*According to the Recycling Council of Ontario



# Materials



- Fabric\*
- Thread
- Elastic\*
- Needle
- Scissors
- Safety pin
- Ruler/measuring tape
- Pins (optional)
- Sewing machine (optional)



- \*Eco friendly fabric sources:
- Old clothes, sheets, curtains, etc.
  - Leftover fabric from cropped shirts (pictured)
  - Manufacturing discard fabric - available at Urban Source and Fabcycle

- \*Eco friendly elastic:
- Broken hair ties
  - Elastic from old clothes
  - Manufacturing discard elastic - available at Fabcycle
  - Strong rubber bands

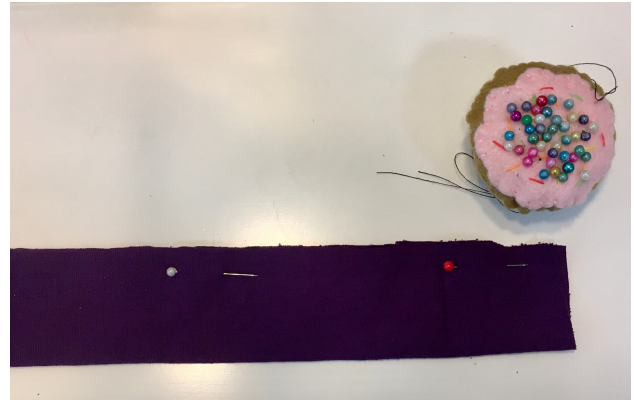




# Assembly



1. Cut a 10 x 50cm (approximate) rectangle. It's okay if it's not perfectly straight.



2. Fold the fabric in half lengthwise. If using a non-reversible fabric, make sure the right side of the fabric is on the inside. Pin into place along the edge (if you don't have pins that's okay)



3. Sew a straight line along the length of the fabric, close to the edge, as shown in the picture. Use a running stitch (push the needle over and under the fabric) if sewing by hand.



3.5 If using a sewing machine, place the folded edge along a line on the seam guide (1.25 - 1.75 inches is usually good) and use a straight stitch. Make sure to remove the pins as you sew.



4. Cut off any excess fabric. Make sure there is at least 1/4 inch of fabric between the stitches and the raw edge.



5. Turn the tube of fabric inside out. To do this, first fold one of the ends inside out. Then, pull fabric from the inside of the tube while holding the 'right side out' fabric (indicated in the image). If this is difficult, you can also try attaching a safety pin to either end and push it through the tube as shown in [this tutorial](#).



You should end up with a tube like this (with the right side of the fabric on the outside if using non-reversible fabric).







6. Cut a 15-20cm piece of elastic then attach a safety pin to one of the ends.



7. Push the safety pin and the elastic into the tube until it reaches the other side. Make sure to hold the end of the elastic (without the safety pin) to avoid losing it in the tube.



8. Remove the safety pin and tie a secure knot.



9. Make sure the fabric is not twisted and push one end of the tube into the other.



10. Fold the raw edges inside to create a neat seam.



11. If sewing with a sewing machine, skip to step 13. Otherwise, sew the two ends together, around the scrunchie using a running stitch.







12. Tie a knot and push the needle into the scrunchie. Pull the needle through and cut the thread, so the thread lies inside the scrunchie.



13. If using a sewing machine, sew across the opening with a straight stitch.



Ta da! It's all done :)