

HAIR BAND



LESSON OVERVIEW

OBJECTIVES

Campers will be able to make hair bands.

MATERIALS

- Fabric (old t-shirts)
- Needle and thread or hot glue
- [Video Tutorial](#)



LESSON SEQUENCE

1. Cut three strips of fabric from the bottom of the t-shirt. Then stretch out the loops.
2. Gather the three strips and cut the loop open on both ends.
3. Make a loop shape with 3 strands and a "u" shape with the other 3 strands.
4. Put the top of the "u" shape under the tail of the loop and move the bottom part of the "u" under the loop.
5. Then weave the top "u" strand into the top of the loop and under the bottom "u" strand then over the outside loop shape.
6. Pull the ends to make the knot.
7. From the t-shirt, cut out two rectangles and one square about 4" in length. Then stretch the rectangular fabric.
8. Put the band on your head to find out the length needed. Take the rectangle pieces and place them at the end of the band's ends and sew (or hot glue). Trim excess fabric.
9. Fold in the square fabric's edges. You will attach the band to the square piece. Sew or glue the band to the square piece, in the middle of the edge's length. Then fold over the edges of the square onto the ends of the band and secure.

