

# How to - Scrunchies

Materials:

- cotton or poplin fabric
- thread to match
- thin braided elastic
- safety pins

## Cutting

Cut out a long rectangle using the template. This will form the tube of your scrunchies. To make a template, trace a 10cm x 50cm rectangle onto a piece of paper, and cut it out. You may have to join 2 pieces of paper. Reinforce the template by folding tape around the edges.

## Sewing

Fold the rectangle in half on the long edge, with the right sides facing each other, so the tube is essentially inside out. Pin along the open edge if necessary. Sew a straight stitch along the length of the tube, leaving a 3-finger gap about 10cm from one of the short ends.

## Turning

Attach a safety pin to the short end of the fabric without the gap, and feed the pin through the tube until it reaches the other end. Line the ends up, you should have a tube half the size and still looking inside out.

# Sewing

You can hand sew or very slowly and carefully machine sew around to join the tube ends together. If machine sewing, be very careful to keep the sides apart so the tube isn't closed. Remember, you want to sew in a circular motion, joining right sides to right sides, and not just straight across as this will close your tube, not allowing elastic to pass through.

## Flip & thread

Cut a piece of elastic, a little bit wider than your wrist, adding a bit extra for sewing. Open the gap of your tube and pull the tube through, you'll have a joined circle with a gap. Pin a safety pin to the end of the elastic and thread it through the tube, sewing the ends together. With the elastic inside, sew the gap closed.