

Designed to a T!

Try your hand at designing your own T-shirt.

Supplies

- adhesive vinyl paper or contact paper
- X-Acto-style utility knife
- blank T-shirt
- masking tape (optional)
- stencil template (optional)
- cutting board
- piece of cardboard
- sponge brush
- fabric paint



Directions

- 1 Draw a design on contact paper or adhesive vinyl paper. Or print a design from your photos or the Internet in black and white, and staple it onto contact paper.
- 2 Using a utility knife, cut out the pattern on top of a cutting board, as if you were tracing it. This makes your stencil.
- 3 Peel your stencil and place the sticky side on the T-shirt. You can also use masking tape to secure your stencil.
- 4 Place a piece of cardboard inside your T-shirt behind the stencil, to prevent paint from bleeding.
- 5 Using a sponge brush, apply fabric paint to the cut-out areas of your stencil. If you place additional cardboard around your stencil to protect it, use fabric spray paint instead.
- 6 Allow the paint to dry. Then peel off your stencil.
- 7 Your T-shirt is ready for wearing!

