

Let's get crafty, Mavens!

Grab a few old t-shirts from the back of the closet, or a thrift store, a pair of scissors and let's roll!

FIRST: Cut up tees into long strips about 1" wide, and as long as you can make them. Cut off any seams from ends. Then, pick your favorite style bracelet below (try 'em both, they're both good :) and get those fingers ready to play!

Recycled Finger Knit bracelet

1. Take one of your long strips and cut a slit about ¼" from the edge, vertically. Cut another slit into the end of another strip.
2. We're going to attach these strips together at the ends- put one strip through the slit of the other to form a T shape.
3. Hold the arms of the T shape, and place one end of the strip you're holding through the end with the slit in it, and pull through, so it forms a little knot and attaches to the other piece. Now you have one long strip
4. Attach another strip to the end in the same way- you'll probably need at least 3 strips to have a long enough piece to make your bracelet.
5. Once you have your new long connected strip, pull it taut a bit to stretch the fabric and allow it begin to curl in on itself- it'll make the edges cleaner in the finished piece.
6. Now you're going to weave that long connected strip in and out of your fingers! Hold the end between your thumb and forefinger with a few inches left (to tie it off at the end) and start weaving- behind the pointer, in front of the middle, behind the ring in front of the pinky...
7. Then wrap it around and behind the pinky, in front of the ring, behind the middle, in front of the pointer...
8. Then bring one big loop around the back of your hand and back to the front to face you, wrapping from the pinky to the pointer, with that loop resting just above the woven part on your fingers.
9. Then take the woven loops from the base of each finger, up and over the top of your finger and over the big loop you just created- do the same with all four fingers, pinky to pointer.
10. When you get to the end of your first chain, make a new big loop around the back of the fingers and to the front, and follow the same process again.
11. And again. And again. About six more times. Then gently pull that starting tail that you're holding with your thumb- drop it and give it a little tug and you'll see a chain is starting to form.
12. Then keep following the same process, again and again and lots more times, pulling the end here and there, until the chain is long enough to wrap around your wrist.
13. Carefully slip the chain off your fingers careful not to undo any of it, and slip the extra tail through all the loops at the end to secure them.
14. Form a square knot with the two ends. Cut off the tails. And rock your cool new recycled bracelet, you crafty maven, you!

Recycled Josephine Knot bracelet

1. Take two strips of your cut t-shirt fabric and tug each of them gently to stretch them and help them start to curl in on themselves- it'll create cleaner edges in the finished piece and is easier to work with that way.
2. Now we're going to use both pieces of fabric together as if they are one piece- set the strips in front of you horizontally.
3. This is the tricky part- tying the knot! It may take a couple times to get it right, but once you do, you'll have the hang of it. First, lift the right side of the strips up and form a loop with the right side underneath the left, with 3 or so inches hanging off the tail on the right, and the rest of the length of it on the tail on the left.
4. Then pick up the long lefthand tail and bring it over the loop you just formed and back under the shorter tail pointing left- keep it all really open and loose so you can see it starting to form a pretzel shape.
5. Then take that longer left side tail and weave it loosely over-under-over-under the 4 criss-crossed strands of the two loops you formed.
6. Now slowly start to pull the ends of each tail, a little here, a little there, and you'll see a knot starting to take shape with a little loop off the bottom end- that loop is what's going to go around your wrist for the bracelet.
7. So keep pulling here and there, tightening the knot while making sure that open loop is the right size to fit over your hand and wrist.
8. Once tightened, you should be able to hold it up by the ends and see a pretty knot with a loop hanging below.
9. Now you'll want to tie the loose ends together in the same size diameter as the other loop you've made, to fit around your wrist- tie a square knot and cut off the ends.
10. And voila! You can wear as is, or secure the two separate bracelet bands together with another little piece of scrap fabric- wrap it around the knot and base of other band to hold them together, and tie off at ends or use a bit of fabric glue to secure.

And now you're stylin, with some fancy new recycled t-shirt bracelets, you hot maven mama!



We hope you enjoy making your new bracelets!

To discover more fun ways to take care of yourself, pursue your passions and keep that awesome creative spark burning inside you, visit us over at www.themavencircle.com where we share lots of tips, tools & encouragement to unleash your inner awesome!

Video & tutorial by Jen Neitzel & Jena Coray- thanks to Becky from Glue and Glitter for sharing!