

Gabriela's Game Day Gear

Design your own t-shirt to wear to practice!

What you need:

- Crayons
- White t-shirt
- Sandpaper
- Iron
- Cardboard (to fit inside T-shirt)
- Aluminum Foil

How to make it:

1. Using crayons draw a picture of your favorite sports scene on the rough side of the sandpaper. Make sure you press hard so there is a thick layer of crayon! If you write words, you have to write the letters backward so they will be correct after the transfer.
2. Cover your piece of cardboard with aluminum foil, being careful not to make any creases in the foil. The foil helps the crayon adhere to your t-shirt.
3. Insert the covered cardboard inside your t-shirt.
4. Lay the sandpaper crayon side down on the front of the t-shirt where you want your design to be.
5. Have an adult use the iron on warm or rayon setting. They should hold the iron on each part of the sandpaper for approximately 10 seconds to melt the crayon design onto the t-shirt.
6. Allow the t-shirt to cool before peeling back the sandpaper.
7. To keep the colors on your shirt bright and adult should wash the shirt in cold water and hang it to dry.



source: MomReady.com

