

Acknowledgement of Country



Your host

I'm Mandy!

Founder of Shine From Within,
Youth Mentor, Business Coach +
eco model (sometimes!)



who you're
sharing space with



What you need:



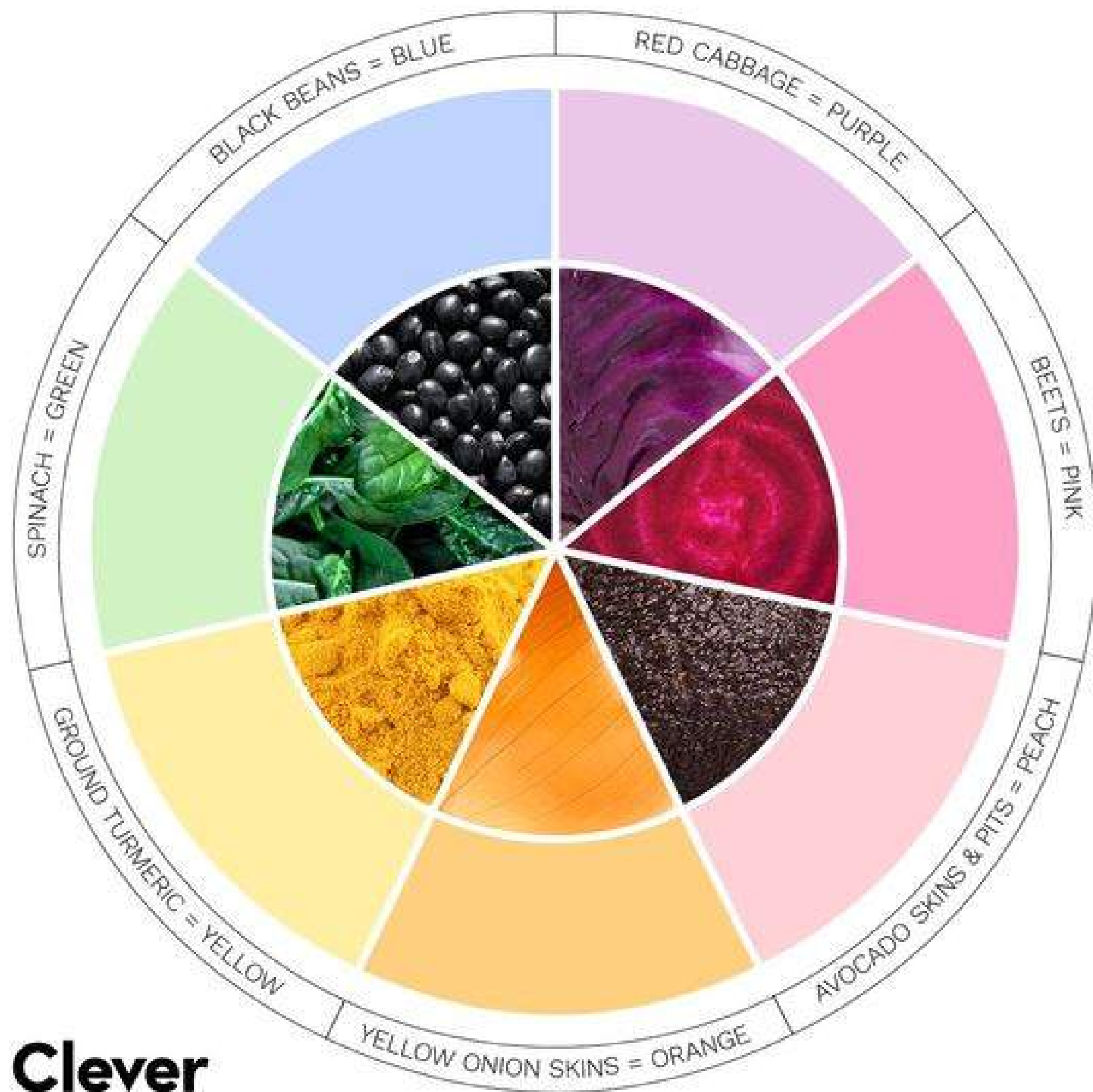
1. Something to dye
2. 2 x medium saucepans and permission/supervision to do this.
3. Rubber bands or string
4. Salt or vinegar
5. wooden spoon/tongs and rubber gloves
6. Something to make the dye - turmeric powder, beetroot, red cabbage, avocado



choose your colour



choose your colour



choose your colour

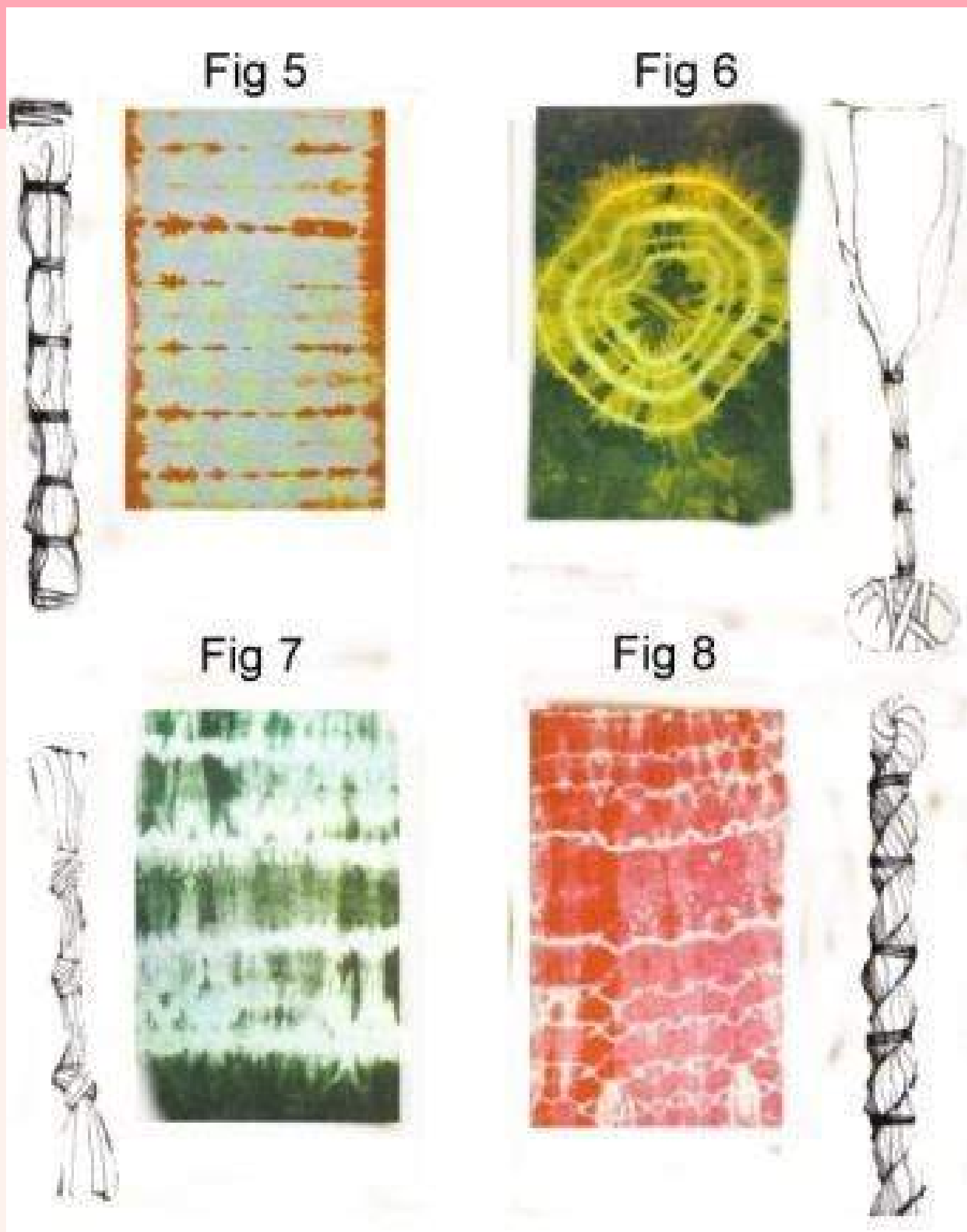


MADDER			
	WOOL	SILK	COTTON
TAP WATER			
TAP WATER WITH PROLONGED HEAT			
TAP WATER WITH LEMON JUICE			
TAP WATER WITH SODA ASH			

create your pattern



create your pattern



create your pattern



create your pattern



Treat the fabric



1. fill your saucepan with 8 cups of water
2. If using berries to dye, add 1.5 cups of salt. If using vegetables to dye, add 2 cups of vinegar.
3. Bring to the boil.
4. Add your garment with the rubber bands already fixed.
5. Simmer for 1 hour.
6. When done, run under cool water.



Prepare the dye



1. cut or tear your raw ingredients into small pieces
2. measure - For fresh ingredients such as red cabbage, it should be 2 parts water to 1 part ingredients. E.g. 1 cup of torn cabbage and 2 cups of water. If spices, it should be 1-2 Tbsp of spice to 3-4 cups of water.
3. Bring mixture to a boil and simmer for about an hour and then strain.



Prepare the dye



Dye the fabric



1. Wearing gloves, place your fabric into dye container and allow to sit for a while (the longer, the more intense the colour).
2. Once it's reached it's desired intensity (note: it will lighten once it's dry), pull it out and rinse under cool water separately until it runs clear.
3. Remove rubber bands and hang to dry.



Dye the fabric



Reflect + share

DID YOU LEARN SOMETHING NEW HERE?

WHAT'S THE NEXT THING YOU'LL TRY?

WHERE WILL YOU WEAR YOUR NEW GARMENT?!

Sources: Playful Learning and Pinterest

