How to make a headband

Supplies:

- T-shirt
- Fabric Scissors
- Ruler
- Needle
- Thread
Step 1: Cut Shirt into a 4-inch strip
Step 2: Cut on sides to make 2 identical strips

Step 3: Fold strips in half with “good side” inside. Sew together on the horizontal open sides.

Step 4: Invert strips so the thread is inside.
Step 5: Lay out strips so the fold is in the middle
Step 6: Lay strips into a lowercase t with folds facing each other.

Step 7: Folds ends together and sew

Step 8: Invert headband so threads are inside and behind the head

Follow along with a video
https://www.youtube.com/watch?v=7bIozyNJmfg&t=7s