

Jump Ropes from T Shirts: This is a great idea for mission trips to encourage a healthy lifestyle for children and adults. The more colorful the better!

What You'll Need:

Old t-shirts 3-5 – the larger is best. Wash and dry before using.

Good strong scissors- find Fiskars Titanium Shop Shears- they work great for this project!

Quilt roll cutter

Instructions:

1. On flat surface, lay out t-shirt and smooth out the wrinkles
2. Fold shirt in half sleeve to sleeve
3. Cut off bottom hem.
4. Cut loops approximately 1- 1 1/2 “ in size from shirt by starting at folded end and cutting across to the open end of the shirt.
repeat with other shirt.
5. Stretch out loops running your hand along entire length of loop while pulling

To create jump rope:

1. Tie three strips together, place your knot about 3-4 inches down. This becomes the handle.
2. Braid your strips together
3. When you get to the end of the strip loop another one to the bottom and continue braiding.
4. Repeat until jumprope is desired length (7 feet is ideal for most children)
5. Tie a knot at the end leaving 3-4 inches for a handle.
6. Cut open loops at the end of the knots to create fringe.

Thailand Clinic Medical Bags:

Supplies:

1. one fat quarter and thread to match. (One yard makes 4 bags.)

Instructions:

1. Cut a 13 X 21 inches rectangle from fabric. Cut one 4 X 21 inch strip for handle.
2. Fold the strip for the handles matching raw edges with wrong sides together. Press each raw edge to the center fold. Press the folded edges together. Edge stitch both edges. Cut strip in half. You will have two 10 ½ inch handles.
3. Press a 5/8 inch seam along the long edge of the bag with wrong sides together.
4. Open out the pressed seam and fold the bag with right sides together to form two rectangles that are 10 ½ X 13 inches each. Pin and stitch a ½ inch seam along the side and bottom of the bag.

Note: if finished seams are desired make a French seam on side and bottom.

5. Clip the bottom corners of the bag and press the seams open. Omit clipping if using a French seam.

6. Match the bottom and side seam of the bag forming a triangle.

7. Measure in 1 $\frac{1}{4}$ inch from point of triangle along the seam. Draw a line perpendicular to the seam. Stitch on the line.

8. Match the bottom seam and the side fold on the opposite side of the bag to form a triangle. Complete as described above to square the bottom of the bag.

9. Pin handles to the top of the bag with raw edges of handle even with raw edge of the top with right sides together as follows. Pin one end of the handle two inches from the side seam and the other end two

inches from the side fold. Repeat for the other handle.

10. Press under the folded edge at the top of the bag making a twice turned hem. Stitch the top edge of the bag to finish.