

# T-Shirt Jump Rope Instructions

1. Choose 18 t-shirt strips. You will be braiding 3 strips at time, so if you want 3 different colors, choose 6 strips of each color or you can choose 15 different colors.

2. Stretch your strips.



3. Take 3 strips and tie a knot in one end, to make a handle and leave about 3-5 inches for fringe.

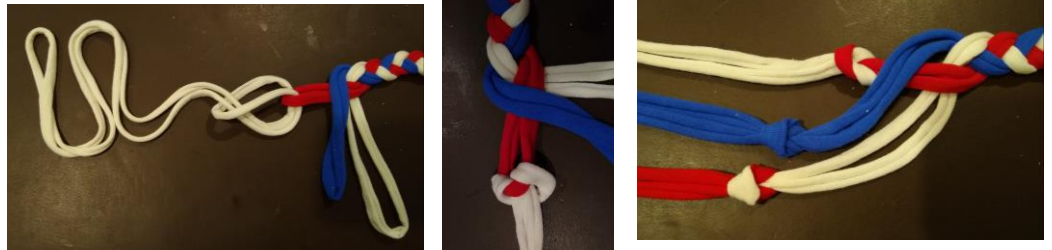
4. Group your strips by color and begin braiding your 3 strips. You can tape your rope to a table or loop the end on your toe to keep the rope tight as you braid.



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5. When you come to the end of a strip, loop another strip (see example) and continue braiding.

*White strip added to red strip so it shows up better. I usually add the same colors (i.e. blue added to blue).*



6. Continue braiding and adding strips until your rope is long enough to reach your armpits when you stand on it.



7. Tie a knot in the end just like the beginning knot, leaving 3-4 inches for a handle.

8. Trim the loop ends to make fringe 3-4 inches from the knot handles.



9. Fold your rope and tie a card onto your rope. Be sure and sign your first name on the card.

Thanks for making a child's day brighter!