



Skills for my Future - Live Smart Stage 5 Skills Builder

Push the Pace

Mend, reuse, recycle, upcycle?

Why throw away something that's broken when you can mend it and use it again? Put your repair skills to work, save your pennies and create something new all at once. Could you surprise someone you know and mend, reuse, recycle or upcycle something of theirs into something new and gift it to them as a present?

Firstly, identify the problem with your object. Is it stained? Ripped? Can it be fixed choose from these options:

- Can't be fixed, recycle it: how and where should you recycle your item? Should it go in a household recycling bin, in specialist bins or to a charity shop?
- Can't be fix, mend it: use other materials to mend it and make it as good as new.
- Could be something new, upcycle it: have a go at repurposing the item, turn it into something that looks good, has a new purpose or both.
- Some examples, pillowcase upcycle into a child's dress, old towels recycled into cleaning cloths, hole in a top could you mend it with a patch or decorative stitch, an empty glass bottle upcycled into a vase.

Express Myself, 15 minutes UMA - Tote-ally-tee

Try your hand at upcycling an old t-shirt to create a brand-new reusable bag.

You will need:

- An old t-shirt
- Scissors
- Safety pin

What to do:

- Cut off the sleeves inside the seam, as in picture A
- Cut the sleeves into strips 3cm wide. Cut them so they are no longer a circle and stretch them out.
- To make the handles of the bag, cut out the t-shirt neck as shown in picture A.
- Turn your t-shirt inside out and cut 3 slits into the hem at the bottom, as shown in picture B.
- Take a sleeve strip and attach a safety pin to one end. Thread it through one of the slits and pull it round the hem to the next one, as shown in picture C.
- Pull the strip tight, then tie it in a knot as tight as you can, like picture D. Repeat with the other slits so you have three holes tied.
- Finally, tie the strings from each knot to each other, then cut off the excess material or make a bow - There you go! Your very own bag for life.

