Activity At HAND
Summer Tie Dye

MATERIALS
- Rubber Bands
- White T-Shirt
- Plastic Wrap
- Tie Dye Colors
- Gloves

DIRECTIONS

- Fold the white T-Shirt. The folding can be done anyway you would like.
- Tie 4 to 5 rubber bands around the shirt.
- Place shirt on plastic wrap.
- Put on gloves.
- Apply tie dye colors to shirt.
- Let shirt dry for a few hours.
- Take rubber bands off of the shirt.
- Wash the shirt.
- Your shirt is now ready to wear!

CONSIDERATIONS

- If you would like to create a different look, you can use any solid color shirt you would like for this activity.

WELLNESS AREAS OF FOCUS

- 🔄 Emotional
- 🔄 Intellectual
- 🔄 Social

ACTIVITY SUBMISSION

1. Take a picture of your project
2. Visit hhcenter.org/adult-day-program/
3. Click the link for activity submissions
4. Upload the picture