

DIY Stenciling with Bleach

Materials

100% cotton dark color t-shirt or other item to stencil
Freezer Paper
Scissors or craft knife
Cutting mat or cardboard (to protect work surface)
Bleach
Water
Spray Bottle
Iron
Gloves
Paper Towels
Cardboard to fit inside shirt/project to protect back
Plastic table cloth to protect surfaces
Printer for creating stencil (or draw your own free hand or trace!)

Instructions

WARNING: Bleach can be dangerous. Read package warnings, and work in a well ventilated space or outside when using bleach. Supervise children.

1. Choose your design and Create your Stencil

Find a design online to print onto your freezer paper or create your own.

Cut your freezer paper to fit in your printer if needed (you can also trace or draw free hand)

Cut out design

2. Iron Stencil to your item

Place cardboard between top and bottom layer of shirt to protect the other side

With low heat press shiny side of freezer paper onto fabric

Make sure all the edges are firmly adhered

3. Apply Bleach

Outside or in a well ventilated and protected area spray 50/50 Bleach/Water solution over stencil and any parts of item you would like to change color

Use paper towels to remove excess bleach from top of stencil

Let dry

4. Rinse item thoroughly in cold water then launder as usual. (Do not Bleach!!)





