

POSITIVITY SHIRTS



Impact

Tie-dye or decorate a shirt to spread some joy to someone in need! Add vibrant colors or positive slogans that spread positivity. These cheerful shirts will be given out to guests and residents in need of a new shirt. View the next page for tie-dye step-by-step instructions and slogan examples. [Watch](#) to learn where your shirt will make a difference and read [Damien's story](#) to see the impact you'll make!

Materials

- White T-shirt (adult sizes in greatest need)
- Tie-dye kit
 - Dye
 - Bottles for dye
 - Rubber bands
 - Gloves
 - Plastic bag
 - Plastic or trash bags to cover the surface you're working on
- Optional- Fabric paint, iron-on patches or paper, anything needed to decorate the shirt!

Additional Information

Send Us Your Volunteer Hours:

Please let us know how long you [volunteered from home](#). For project type, select- Outreach Kits

Mail to:

St. Vincent de Paul C/O Morgan Dircks
420 W. Watkins Rd. Phoenix, AZ 85003

When mailing in projects, please [include this information with your project](#)

Drop Off Daily 7:00 AM–7:00 PM:

Come to the Volunteer Office and enter your info on the iPad.

SVdP Watkins Campus Volunteer Parking Lot:
2120 South 3rd Drive, Phoenix, AZ 85003

*Use this address for GPS directions.

Questions?

Contact helpfromhome@svd paz.org or
602.622.1670



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Step-by-Step Tie-Dye Instructions

- Get your shirt damp before you begin.
- Lay the damp shirt flat on a protected surface (you can use a trash bag for this!)
- Tie the shirt with rubber bands to create the pattern of the dye. There are many methods to pattern your dye, so feel free to use whatever method you like best!
 - Spiral- Pinch the center of the t-shirt and twist until the shirt is formed into a spiral. Tie 3 rubberbands on opposite ends across the whole shirt to secure the spiral, forming 6 wedges. Apply different color dyes to each wedge-shaped area. Use or repeat as many colors as you would like. Flip the shirt over and match the same color that's on the other side of each wedge.
 - Crumble method- Scrunch the fabric into a lump and secure it with rubber bands to hold the crumbles. You can make it as tight or loose as you want! Apply dye to the fabric. Make sure you flip the shirt and apply dye to the back and sides. Apply as much as you want, but remember the crumbled areas will be your white spaces!
 - Bullseye- Pinch the center of the shirt and lift upward into a cone shape. Using your other hand, guide the fabric to shape the entire shirt. Secure a rubber band every inch or two down the shirt. Apply different color dye to each section.
- Place the dyed shirt in a plastic bag or plastic wrap to secure the moisture.
- Let the shirt sit for 6-8 hours, or according to dye instruction.
- Take the shirt out of the bag and rinse out the excess dye.
- Place the shirt in the wash separate from other clothes to prevent bleeding as more dye will come out.

Shirt Slogan Examples

- "Spread Kindness"
- "Be Kind"
- "Kindness is Contagious"
- "Keep Smiling"
- "Positive Energy"

