



Upcycling – making new from old

AT A GLANCE



Place

Indoors at tables



Key idea

Making no-sew bags from old T-shirts and discovering that God creates something new



Effort

Materials 10 min · Preparation 20 min



90 minutes



small groups of 3–4



12–16 years



materials from home



Materials

- ☐ old, clean T-shirts (one per person, brought from home)
- ☐ sharp fabric scissors
- ☐ ruler or tape measure and chalk
- ☐ empty jars without cracks for a second station
- ☐ ribbons, string, fabric and glass paints



Schedule

0–15'

Introduction – What ends up in the bin at home that could actually still be used? A short discussion.

15–60'

T-shirt bag – Cut off the sleeves and neckline, cut fringes at the bottom and tie pairs of fringes tightly together – and you have a shopping bag.

60–75'

Second station – Whoever has finished decorates jars as lanterns or pen pots.

75–90'

Devotion – Psalm 24:1 and Revelation 21:5: the earth belongs to God – and he says: “I am making everything new!” God does not simply throw anything or anyone away.



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How it works – simply explained

- 1 Lay the T-shirt flat and cut off the sleeves along the seam.
- 2 Cut out the neckline in a generous curve – that makes the handles.
- 3 At the bottom cut strips about 8 cm long, 2–3 cm apart, through front and back at the same time.
- 4 Tie each front strip to its back strip with a double knot until the bottom is closed.
- 5 Turn the bag inside out – done. If you like, decorate it with fabric paint.

 **Example:** “This T-shirt was nearly in the bin – and now you carry your shopping in it. That is what God is like: he does not give up on things but makes something new out of them.”

Safety

- Work carefully with scissors and pass them on only closed.
- Use only jars without cracks or sharp edges.
- Use paints only in well-ventilated rooms and according to the manufacturer's instructions.

Variations

- Swap shop: everyone brings something they no longer need and takes something else home.
- Waste challenge: for a week, note what you throw away and collect ideas together for avoiding it.

Something to think about

Where has God already made something new out of something old in your life?