

# A little, a lot, 60%!

## Personalise your T-shirt!

**A very creative and personal activity in prospect!**  
**How can you show that your body is 60% water?**  
**How can you let everyone know? Create a personalised T-shirt!**

### You'll need

- **1 white T-shirt to personalise**

Check with your parents you can use it to create your new T-shirt!

- **1 volume of blue dye for the fabric**
- **1 bowl**
- **1 pair of disposal gloves**

- **To write your message:**

- **Some permanent felt-tips pens**

OR

- **Transfer paper for fabric**
- **1 pair of scissors**
- **1 iron**

With an adult helping you, you're only going to dye a little bit more than half the T-Shirt, to represent 60%. You can choose to dye either the top or the bottom, or, just the left side or the right side. You're the blue artist!



It will allow you to say that your body's made up of water, and that it needs it for your whole life!

**1.**

Set up your "workshop" with your bowl somewhere that can't get stained, in a sink for example. Put on your gloves to protect your hands, then you won't have to clean them afterwards.



**2.**

Referring to the instructions on how much dye you need, mix the dye with the water in the bowl. The blue colour will be more or less dark depending on how much dye you add and how long you soak the T-shirt.



**3.**

Dip the part of the T-shirt you want to dye into the bowl so it absorbs the colour. Allow it to soak for long enough for the fabric to absorb the colour.

Be careful not to splash it on the floor!

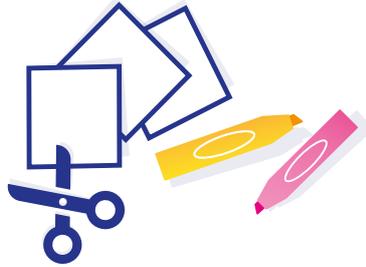


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**4.**

Wring out the wet part above the bowl and leave the T-shirt to dry for a few hours.

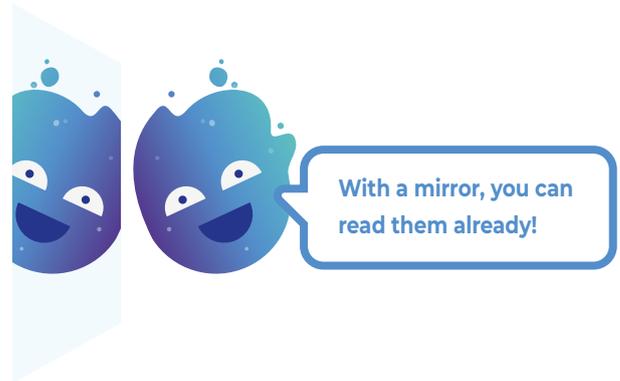


**5.**

Meanwhile, choose the message you want to write on the white part of your T-shirt. You'll find 3 suggestions on the following pages, but if you don't have any transfer paper, you can also invent your own message and write it directly on the fabric once it's dry, with permanent felt-tips pens in your favourite colours.

**6.**

If you have transfer paper, write the message on it that you like. The words are back-to-front. That's on purpose so they will appear the right way round!



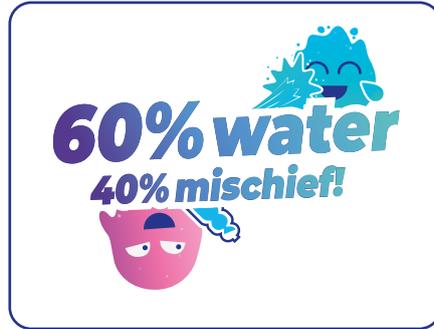
**7.**

Cut out the message, peel off the protective paper and apply the sticky side onto the fabric. Ask an adult to help you iron the transfer on your T-shirt. Leave it too cool down for a few moments, and then carefully peel off the paper: the message will be clearly printed on your T-shirt!

**So, who has the nicest T-shirt?**



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