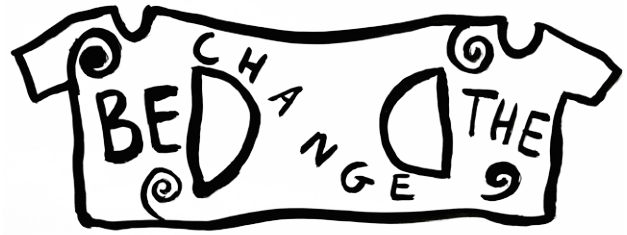
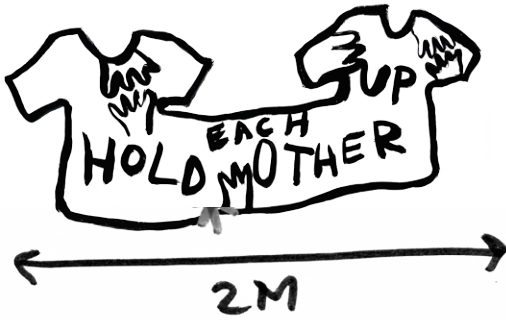


CARE-FULL BODIES CARE-FULL FUTURES



MAKE A GARMENT FROM T-SHIRTS TO BE WORN BY 2 PEOPLE AT A SAFE DISTANCE. THE GARMENT SHOULD REPRESENT YOUR IDEAS ABOUT THE IMPORTANCE OF FRIENDSHIP, BONDS, SUPPORT, CONNECTION AND CARE DURING THESE TIMES WE ARE LIVING THROUGH.

MATERIALS NEEDED TO MAKE YOUR GARMENT

3 X TEE SHIRTS - THEY CAN BE RECYCLED T-SHIRTS THAT ALREADY HAVE LOGOS ON THEM, OR PLAIN T-SHIRTS. FABRIC SCRAPS, ROLL OF THREAD, SEWING NEEDLES, TEXTILE GLUE, SCISSORS, SEWING MACHINE (IF YOU HAVE ACCESS TO ONE)

3. QUESTIONS TO HELP CREATE:

HOW HAS THE PANDEMIC CRISIS MADE YOU THINK DIFFERENTLY ABOUT THE WORLD WE LIVE IN?

WHAT DO YOU THINK SHOULD CHANGE IN FUTURE?

WHAT HAS BEEN MOST IMPORTANT TO YOU DURING THIS TIME?

WHAT HAS BEEN MOST DIFFICULT?

TELL US A POSITIVE THING YOU CAN TAKE FROM THIS TIME WITH YOU INTO THE FUTURE?

IN WHAT WAYS DO YOU THINK WE MUST ACT TO CARE BETTER FOR ONE ANOTHER AND THE PLANET WE LIVE ON?

1.

THE TSHIRTS ARE TO HELP MAKE THE MAIN BODY OF YOUR GARMENT. YOU ARE INVITED TO *CUT* *STICK* AND *SEW* THEM IN ANY WAY YOU LIKE. YOU CAN SEW BY HAND OR USE A SEWING MACHINE IF YOU HAVE ONE AVAILABLE TO YOU

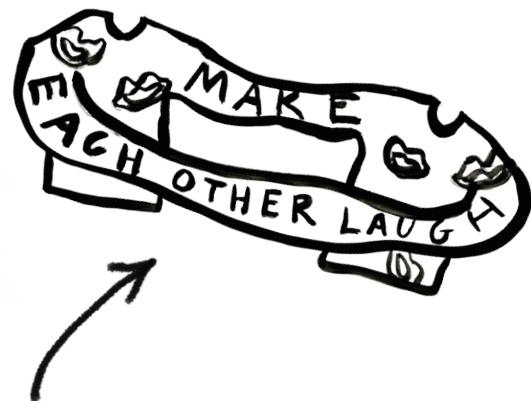
2. THE ONLY RULES ARE:

- * THERE MUST BE 2 METRES OF FABRIC THAT CONNECTS BETWEEN THE TWO PEOPLE
- * TWO PEOPLE MUST BE ABLE TO WEAR THE GARMENT
- * THE GARMENT MUST CONTAIN AT LEAST ONE WORD OR PHRASE IN RESPONSE TO THE QUESTIONS
- * THE GARMENT MUST HAVE AT LEAST ONE GRAPHIC/IMAGE/SYMBOL IN RESPONSE TO THE QUESTIONS



MATERIALS NEEDED TO MAKE YOUR DESIGNS, WORDS AND PRINTS

2X COLOURS FABRIC PAINTS, 2 X SHEETS OF CARDBOARD, MARKER PEN, A PIECE OF FOAM, PAINTBRUSHES, PAPER, A SET OF ALPHABET SHEETS WHICH CAN BE DOWNLOADED ON THE REMODE WEBSITE - YOU CAN PRINT THE LETTERS YOU NEED OR ALTERNATIVELY, FEEL FREE TO MAKE YOUR OWN



4. TO MAKE YOUR SYMBOL

- DRAW YOUR SYMBOL ON A SHEET OF PAPER, MAKE SURE IT IS LARGE IN SIZE.
- CUT IT OUT AND DRAW AROUND IT ONTO A SHEET OF FOAM.
- CUT THE SHAPE OUT OF THE FOAM. THEN,
- CUT OUT A SQUARE OF CARDBOARD A LITTLE BIT BIGGER THAN THE FOAM SHAPE AND GLUE YOUR FOAM SHAPE ON TO IT.
- PAINT ON THE FOAM SHAPE AND PRINT ONTO YOUR GARMENT, THEN REPEAT TO MAKE PATTERNS



5. TO MAKE YOUR WORD OR PHRASE

- CHOOSE THE LETTERS YOU NEED FROM THE ALPHABET SHEET, CUT THEM OUT AND DRAW ROUND THEM ONTO THE CARDBOARD SHEET.
- ALTERNATIVELY, YOU CAN DESIGN AND DRAW YOUR OWN LETTERS.
- YOUR LETTERS SHOULD BE QUITE LARGE IN SIZE SO THEY ARE EASILY READABLE.
- CUT THE LETTERS OUT OF THE CARDBOARD.
- WORK OUT A GOOD POSITION FOR THE WORD/PHRASE ON THE GARMENT.
- PAINT ONE SIDE OF THE LETTERS AND PRINT THEM ONTO THE GARMENT

'CARE-FULL BODIES AND CARE-FULL FUTURES' ACTIVITY WAS CREATED THROUGH A COLLABORATIVE PROJECT WITH THREADLINES AND REMODE.

THREADLINES IS AN ARTIST LED PROJECT PART OF THCAR52 REGENERATION PROGRAMME. THREADLINES COLLABORATE WITH COMMUNITY GROUPS IN PAISLEY TO CREATE ARTWORKS WHICH EXPLORE, ACTIVATE AND ARE INSPIRED BY THE PRINTED TEXTILES HERITAGE OF PAISLEY BETWEEN 2017 - 2020.

:) SHARE YOUR WONDERFUL GARMENTS WITH EVERYONE ! :)

ONCE YOU HAVE COMPLETED YOUR GARMENT PLEASE TAKE A PHOTO OR VIDEO OF YOURSELF AND SOMEONE ELSE WEARING IT AND SHARE IT WITH US.

IF YOU WOULD RATHER NOT BE IN THE PHOTO JUST SEND US A PHOTO OF THE GARMENT ITSELF. YOU CAN SEND YOUR PHOTOS / VIDEOS TO HELLO@REMODEYOUTH.ORG OR ON YOUR SOCIAL MEDIA CHANNELS

#REMODE #REMODEPAISLEY @REMODEPAISLEY @REMODEIT @THREADLINES #THREADLINES