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Tie-dye fan Ruth Mosell shows off her DIY T-shirt at Arlo Soho. Brian Sack/NY Post Brooklyn-based artist Ruth Mosell, 31, said newbies shouldn't be afraid of rolling up their sleeves and trying a DIY tie-dye. The at-home color aficionado - who teaches workshops at Artists and Flea in Soho and sells her stained wares at her Etsy store, PeterPiperBK - suggests that newcomers to the flavors try a traditional spiral design: a classic pattern that looks dramatic but is actually easy to master. You'll need a simple white 100 per cent cotton tee - polyester blends won't absorb bright shades as easily as natural fabrics. To prepare the shirt, you also need soda ash, to sodium carbonate, sister baking soda, which can be purchased at most craft stores (or on Amazon). Combine the ash with water, and soak the shirt according to the direction of the package, usually about 20 minutes. Twist it, so it's damp, not soaking wet, and it's ready to go! A soda ash dunk may seem like an extra job, but Mosell says skipping that pitch is a rookie mistake. This helps dye molecules constantly bond with fibers, she says. Finally, you want to have gum, sturdy zip-close bags and hefty dropcloth or tarpaulin conveniently to keep your workspace clean. 1. Mix his pitch 1Brian zak/NY Post Cover Table or Flat Surface to protect it from any rogue color. For an application without clutter, Moskell offers a combination of powdered dye - she likes professional pigments from Dharma Trading Co. (fiber-jet dye, from \$1.95 per 2 ounces) - with water in plastic syringe bottles, according to the package's direction. When choosing colors, she recommends choosing shades that will contrast rather than mix: A mixture of red and green, yellow and purple, or blue and orange, for example, will bleed together and turn dark brown. 2. Pinch and twirl Step 2Brian zak / NY Post To make a whirlwind design, start with a pre-soaked T-shirt lying on a flat surface. Pinch the very center of the tee with your dominant hand. Continuously rotate the fabric clockwise as you would handle; cold circular folds should begin to form. Keep twisting until the whole shirt is rounded in a neat spiral. 3. Tie it tightly Step 3Brian zak/NY Post Reach for three gums to help the twisted sphere keep its shape. Wrap them so the stripes intersect in the center, dividing the shirt into six wedge triangles. 4. Drizzle off Step 4Brian zak/NY Post Place your ready tee in front of you in your workspace. Moskell likes to use a baking sheet to catch extra liquid, and puts her clothes on a plastic rack - her perforated organizer's box - for more precise use and less clutter. While wearing rubber gloves, syringe dye directly onto the fabric in a third, so that each color takes up two of the six wedges. For the invariably magnificent magnificent Moskell says it's important to be thorough: Be sure to apply dye on both sides of the shirt, and work it out in a folds spiral as well. 5. Soak it in step 5Brian zak / NY Post To make sure that the color sets enough, put the shirt in a zip-close bag and let it sit for at least four hours. Allowing him to rest for the night is even better. 6. Rinse and release the final product! Brian zak/NY Post Moskell says it takes three heart rinses (make sure to wear rubber gloves!) to get a dye. Without removing the gum, run the shirt under cold water until the drain is clear. Repeat with warm water and then a third time with hot. Finally, you can remove the strips, and undo the spiral to admire your creation. Before you wear it, make one hot water wash in the car - separate from any slick clothing. Pop it into the dryer for further locking in color. 1 Consider using the traditional method. While the traditional method may take some extra effort, it is both fun and easy. If you use salt or vinegar in a dye bath, you don't have to let the dye sit for so long. 2 Find something white to paint. Since the garment dyes are translucent, you will get the brightest and brightest colors if you use white clothing. You can use other light colors such as pastel, yellow, light tan, and light gray, but keep in mind that the original color will be combined with the color of the dye. This means that if you try to tie the dye yellow shirt blue, you will get green instead. Clothes made of cotton, linen, neighborhoods and wool work best. Avoid acrylic, metallic, polyester, and spandex fabrics, as they won't take dye as easily, if at all. You can paint almost everything from T-shirts to pants and skirts and even baseball caps. 3 Wear protective clothing. Fabric dye can not only paint the white shirt you will use, but it can also paint clothes if you are not careful. It can also irritate the skin, or stain it for days. To protect your clothes and skin, you will need to take some extra precautions. Here are some tips: Wear old clothes that you don't mind getting painted or dirty. Dark color clothing will hide dye stains better than light clothes. If you don't have old clothes to spare, then wear shorts, sleeveless top, and apron. Consider wearing some plastic gloves, such as the type that you can use for washing dishes or dye your hair. You can also find plastic tie-dye clothes in a T-shirt and tie-dye section of the art and crafts shop. 4 Protect your work area or work outdoors. Tie-dye Get messy, and while you can clean the worst stains with some alcohol rubbing, it's best to work outside. If you have to work indoors, spread multiple layers of newspaper to your workspace to protect it. 5 Decide how many and what colors you want your shirt to be. Most tie-dye shirts look best with up to three colors, and use either basic colors (red, yellow and blue) or secondary colors (orange, green and purple). How many colors you choose to use will determine how many buckets you will need. Each flower will need its own bucket. 6 Prepare your dye baths. You can do this by wanting a bucket of hot water, pouring dye, and stirring. Water should be at least 140 degrees Fahrenheit (60 degrees Celsius). Most dyes will need to be diluted with hot water, and how much water is usually dependent on the brand. In general, 1/2 cup (112.50 milliliters) of liquid dye requires 2 to 3 gallons (7.57 to 11.35 liters) of hot water. Most powder dyes need to be dissolved in 1 cup (225 milliliters) of hot water and then added to 2 to 3 gallons of bath dye. 7 Consider adding salt or vinegar to the bath dye to help set the colors. When adding salt or vinegar to a bath dye it may seem strange, adding one of these elements will not only help the colors appear brighter and brighter, but it will also help seal them and make them last longer. Once you have added salt or vinegar, give your bath dye another stir to make sure everything is combined. Here's how you can use salt and vinegar in a bath with dye: if your clothes are made of cotton, flax, area or rami, add 1 cup (280 grams) of salt for every 3 gallons (11.35 liters) of water. If your clothes are made of nylon, silk or wool, add 1 cup (225 milliliters) of white vinegar for every 3 gallons (11.35 liters) of water. 8 Tie gum around the shirt. You can create different designs by wrapping gum around your shirt in different ways. Here are some ideas: To get a striped pattern, fold your shirt like a fan or accordion. You can fold it width wise, length-wise, or diagonally. Wrap the gum around one end of the shirt and then wrap the other gum two to three inches (5.08 to 7.62 centimeters) from the first. Keep doing this until you reach the other end of the shirt. You're creating something like a rope. The sunbeam is a circular, radiating design, with each beam being of a different color. Pinch the middle of the shirt and pull it towards you. Wrap the rubber band around the end. Tie the second gum a little further down the shirt. You create something that looks like a rope. To make a spiral, start by placing the shirt down on a flat surface. Pinch the middle of the shirt and twist it. Keep twisting until you've created something like a cinnamon roll. Wrap the gum around the bun. Then wrap another rubber band, but this time in the opposite direction, making the cross shape. You can wrap more gum around the bun by dividing it like a pizza or cake. 9 Start painting your shirt. Take your shirt and part of it in the bath with the dye. If you use multiple colors, dip it into a light color first. Queue. Shirt in the dye bath for 4 to 10 minutes before taking it. For a more intense color, leave the shirt in the bath for 30 minutes. If you use multiple colors, rinse the freshly colored part of the shirt under cool water to remove the excess dye. Squeeze the extra water out of the shirt, and dip it into the next color. The longer the shirt sits in the dye bath, the darker the color will become. If the water is too hot for you to handle, try wearing some dishwashing gloves to protect your hands. You can also use a pair of chopsticks or tongs to move your shirt around instead. 10 Rinse your shirt. Once you have painted your shirt for references, you can cut off the gum with scissors and rinse your shirt with cool water to get rid of any extra dyes. Continue to rinse until the water starts to work clear. Squeeze extra water from your shirt. 11 Hand wash your shirt and hang it until dry. Wash your shirt with warm water and a gentle detergent. Rinse it again using cool water, and hang it to dry. You can also toss your shirt in dry. Tie Dying shirts with kids is one of my favorite boredom busters. It's not as dirty or complicated as I remember, and my children feel a sense of creativity and accomplishment. Take some old T-shirts, go outside, and there's a blast. Follow these steps to tie dye shirts with kids including 3 of the simplest tie-dye models that even preschoolers and toddlers can do! Instructions How to tie dye shirts with kids That's what you need to start tying dye shirts (or anything) with your kids! This is not only a fun summer project, but a tie dye shirt perfectly titled for parties or party favors. Also, when at home, it's a great activity to get away from screens for a while. It's a more traditional way to tie dye, but the Ice Tie Dye Method is also fun! Supplies tie dye shirts: T-shirts (I love white, but you can use other colors for a different look) dye (Pick up kit or just dye at a local retailer) I like the Brand Tulip. Rubber bands Something to cover your work area (Because, kids!) gloves Plastic bags ciplock where you have to use dye I decided to work outside because the dye bottling outside makes for a less irritable mom than a dye spill inside the house. A plastic tablecloth from a dollar store did the trick, some kits come with a lid already, or you can use plastic garbage bags. I showed the kids several options of models they could do that came with instructions and this is the 3 tie dye designs they wanted to make. The crumpled pattern is probably the most what any child can do! If you decide to work indoors, I wouldn't go near the carpet, but a large table can also work. Here is the tie dye patterns my kids have chosen. Have children wear gloves if possible before they start applying dye. Tie Dye Tip: I recommend washing your shirt shirt (and drying without a dryer sheet) as it helps the dye soak in easier. Then fill your dye bottles with water and shake to get all the powder mixed through. I'd already have gloves to do that. Be careful when washing off the dye lid because once you shake, sometimes the pressure is built in and because of will splash a little. Like a tie dye shirt in a swirling pattern is probably the most common tie dye shirt look pattern that makes a whirlwind. 1. Put the T-shirt flat. 2. Pinch fabric in the center. 3. Start twisting the fabric in circular motions and continue until the whole fabric is in a spiral shape. As you get to the end, the fabric is naturally not just lying in a spiral. That is ok. 4. Spin the spiral with rubber bands into the wedges. I either make six or eight wedges. 5. Apply the dye to the fabric. If you want less white, make sure the dye hits the folds of the wedges. I let my daughter choose whatever colors she would like to put next to each other. I had my opinion, and I was proud of myself for not voicing them. This is a simple project so children can make their own decisions. Bullseye pattern for tie dye shirt 1. Put your shirt flat. 2. Pinch a piece of cloth in the center and tie it to the rubber band. 3. Tie another gum a little further down and make a line shape. 4. Apply the dye to the fabric. How to tie the dye into a crumpled pattern 1. Put your shirt flat. 2. Wrinkled cloth together. 3. Apply the dye. A crumpled pattern is probably the easiest method because you literally just pile the fabric. Even I can't screw it up! Perfect for young children who want to get on tie dye fun, and no gum is needed. Wrap, Let Sit, Rinse After you've finished applying dye (if there are white spots left on your shirt, then that's where you'll have white as part of your template), I throw the shirt in the bag, seal it, and leave it to dry overnight. Six hours is probably enough, but I'll just leave mine for the night, so I can wash the tie dye shirt in the morning and really let the dye set in. If you want light colors, then 5-6 hours will work. How to wash a tie dye shirt Once you let your shirt set, wash off the dye until the water works clear, brushing off the gum if you used gum for your design. Now it's time to wash and dry your shirt! I wash them in the washing machine on a delicate cycle and do not add other clothes. Go ahead and dry them in the dryer. Now it's time to wear a tie dye shirt with pride and show off your creations! These kids were so proud of their tie dye shirts I turned away when some dye got on my feet and hands. I didn't offer unsolicited advice. most importantly, I beamed with pride in their creativity. I hope you enjoyed this tutorial on how to tie dye shirts with kids. You can try these DIY DIY Tie dye shirts, too! For more summer entertainment, try these other 20 summer activities with kids! 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