

ANATOMY T-SHIRT

NOTE: This project needs adult input. For option 1, an adult must make arrangements to have T-shirts printed. For all options, adults will need to do any ironing necessary.

You will need:

- a white T-shirt for each student
- a package of fabric markers (must be fabric markers-- don't use regular markers!)
(or fabric crayons for option 5)
- T-shirt transfer paper for ink jet printers (if you are doing options 2 or 3)
- iron and ironing board (or towels laid flat on a table)

Notes about fabric markers:

I discovered that Crayola makes an inexpensive set of fabric markers that costs about \$3.50. I found them at a Michael's Crafts store in the kids section with all the other Crayola markers. I checked at WalMart, but they don't seem to carry the Crayola fabric markers. WalMart does carry fabric markers in their craft section, but the package only has six markers in it and is double the price of Crayola. If price is not an issue, any good craft store will give you several options of fabric markers, with a good variety of colors. Most fabric markers require ironing to make them water-proof, but there are a few brands out there that do not require ironing. Make sure to read the labels before you purchase.

Size recommendations:

- The small design fits shirt sizes 2-3, 4-5, and 6-7
- The medium design fits shirt sizes 6-7, 8-10, and 12-14
- The large design fits shirt size 12-14, 14-16 and adult sizes

If you would like an extra large size, you could enlarge the pattern on a copier, then cut it into three sections instead of two.

OPTIONS FOR HOW TO DO THIS PROJECT:

OPTION 1: Have the design professionally printed (silk-screened) onto the shirts, then have the students color the shirts with the fabric markers.

USE THE REGULAR PATTERNS FOR THIS OPTION, NOT THE REVERSE

This might be the best option if you are doing the project with a large-ish group. Many T-shirt printing places will do a batch as small as a dozen shirts. In my town (which is a college town) you can get single-color, one-sided T-shirts for less than \$5 a piece. However, I did run into a problem with the printers being able to print a maximum size of only 12 inches. On medium and large size shirts what I had to do was use the "best" 12 inches from the middle of the design, which trimmed off the top of the lungs and the bottom of the colon. When I got the shirts back from the printer, I just took a thin Sharpie marker and drew in the missing lines. Sounds hard but actually it was very easy.

The advantage to this option is that you don't have to bother with iron-on transferring of the design (which is kind of tricky). The students will be coloring directly onto the fabric. This is much easier than coloring the iron-ons themselves, as in the other options. Put paper between the front and back of the T-shirt so the marker doesn't bleed through to the back.

OPTION 2: Draw the design directly onto the shirt using a thin Sharpie permanent marker

USE THE REGULAR PATTERNS FOR THIS OPTION, NOT THE REVERSE.

Put a pattern underneath the top layer of the shirt (slide it up inside, between the front and back) then use a thin Sharpie permanent marker to trace over the pattern. You should be able to see the pattern well enough if you use a white T-shirt. (You might not be able to see every tiny line, but you will be able to add the tiny lines without using the pattern, after the major shapes are in place.) Then add color with fabric markers.

OPTION 3: Print the design onto transfer paper, color the transfer paper, then iron on.

USE THE REVERSE PATTERNS FOR THIS OPTION

To use this option, students must be old enough to color without scribbling and going over the same spot more than once. When you color onto the transfer paper, you have to be VERY CAREFUL NOT TO “SCRUB” with the marker. Going over the same place more than once will result in scratching off some of the transfer stuff, leaving a black spot in the color.

Put transfer paper into your ink jet printer and print out the designs. Trim the paper to within 1/4 inch around the edges of the design. Use the fabric markers to color the picture, being very, very careful not to go over the same place twice. Follow directions that come with the transfer paper concerning how to iron it onto the T-shirt. (My directions said to use dry heat on the highest setting and press for about 3 minutes. Let cool, then peel off backing.) You will have to match the two halves of the design as you iron. I recommend doing the top half first, putting the trachea right under the collar. If there are any gaps in the two halves of the design, use a thin Sharpie marker on the transfer paper to fill in the gaps.

WARNING: If the students label the drawing before it is transferred, the letter will come out backwards! If you want them to label their organs, they will have to do it after the design is ironed on. They can use either a fabric marker (you may have to do a second ironing) or a fine point Sharpie permanent marker (no additional ironing required).

OPTION 4: Print the design onto transfer paper, iron it onto fabric, then color the design

USE THE REVERSE PATTERNS FOR THIS OPTION

This option is better for younger students who don't have as much control when coloring. They can scrub away on the design and it will still turn out okay. The two “down sides” to this option are 1) you have to color onto the smooth, shiny surface of the iron-on and therefore the colors may not be quite as vivid, and 2) you will have to iron twice, once for the design and then again after it is colored. (The “up side” of this option is that you don't have to worry about having backwards letters and words getting ironed onto the shirt!) You will still have to match the two halves as you iron it onto the shirt. You can touch up any gaps by using a thin Sharpie permanent marker.

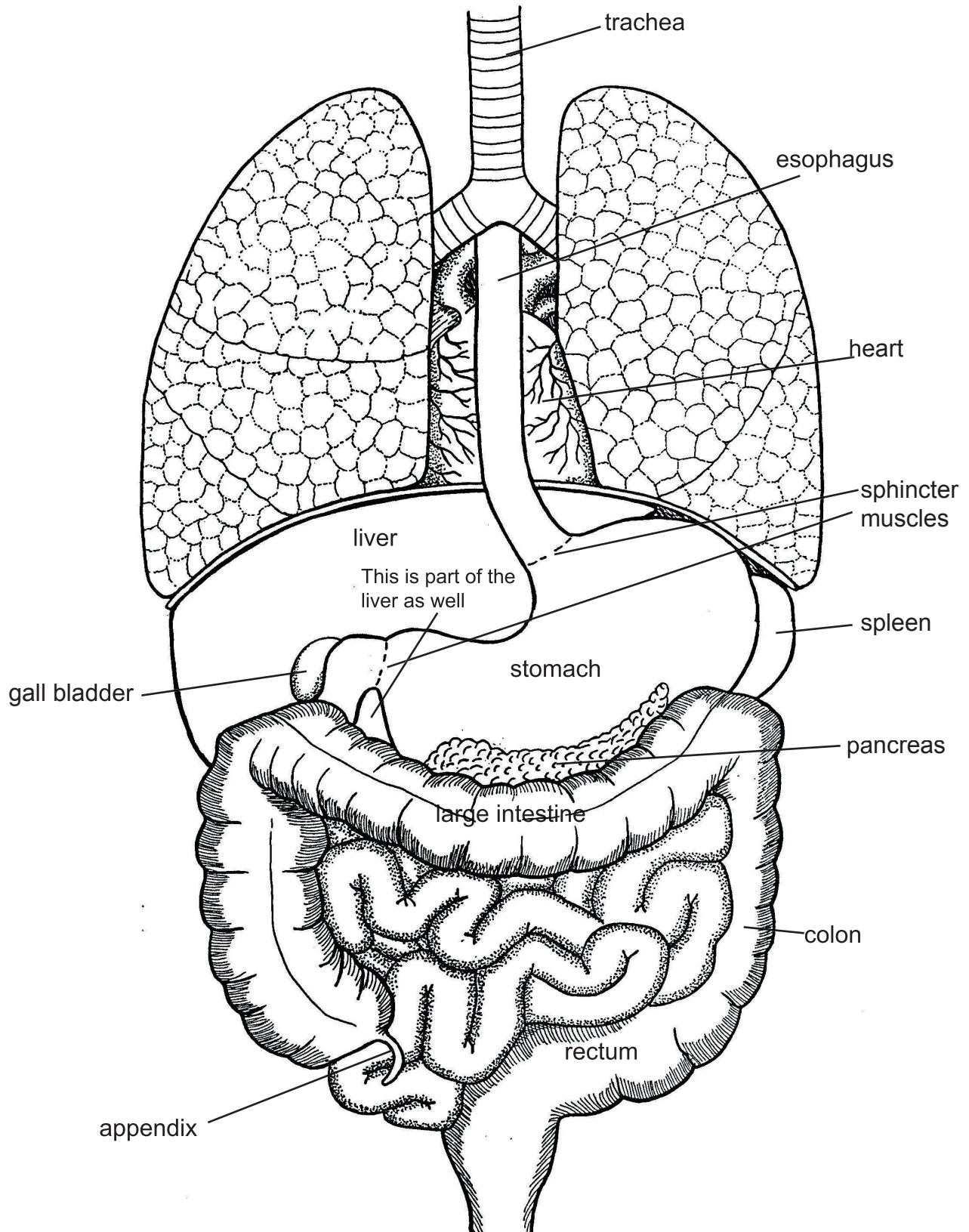
OPTION 5: Use fabric crayons to both transfer and color the design.

USE THE REVERSE PATTERNS FOR THIS OPTION

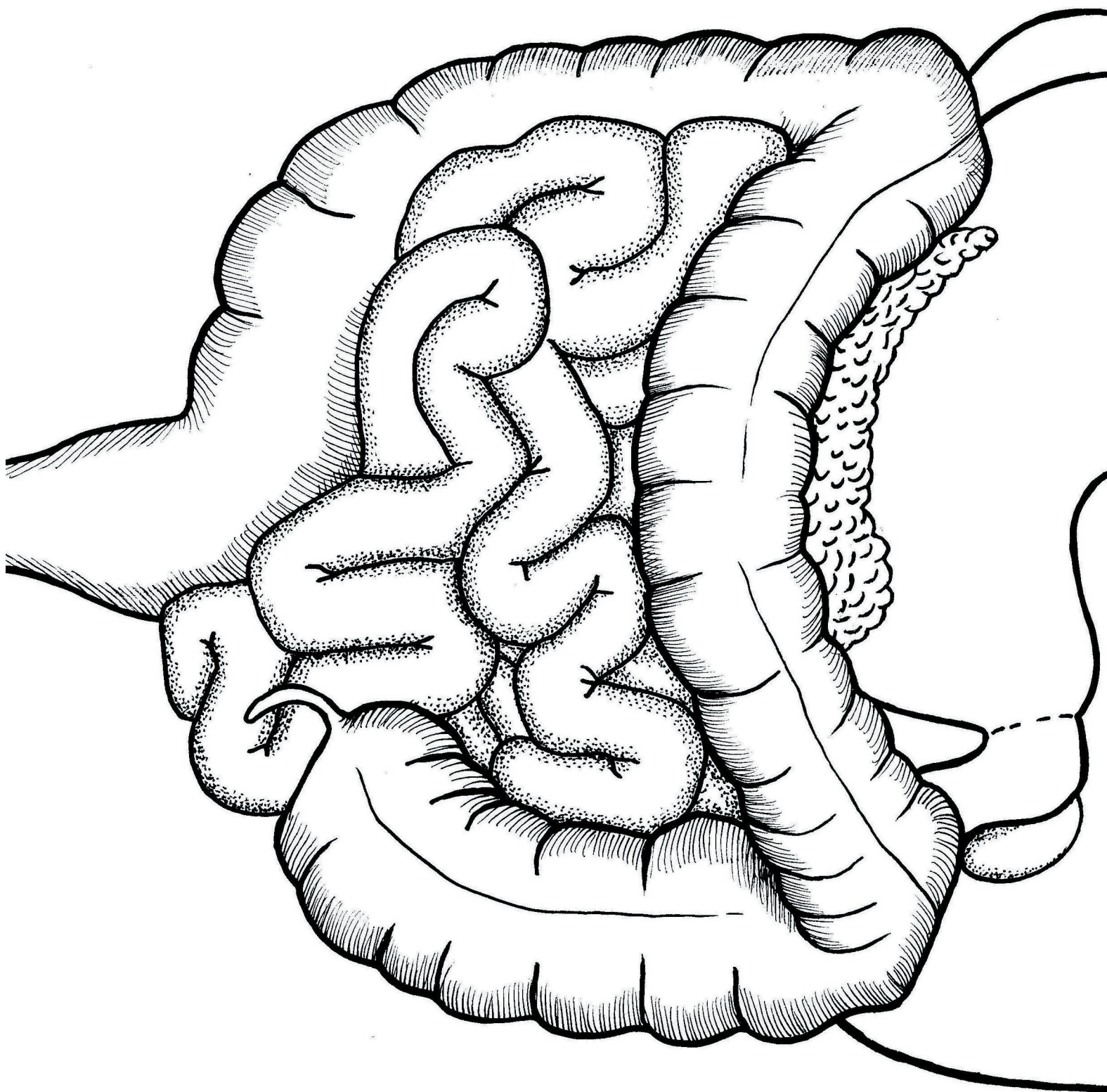
This option will take more time and effort for the student. Print the design onto regular white copy paper. Use a black fabric crayon to trace over all the lines, then use colored fabric crayons to fill in the areas of color. Follow directions that come with the fabric crayons to iron onto T-shirt. As with option 3, if you want the students to label their drawings, they will have to do it after the design is transferred, in order to avoid backwards lettering.



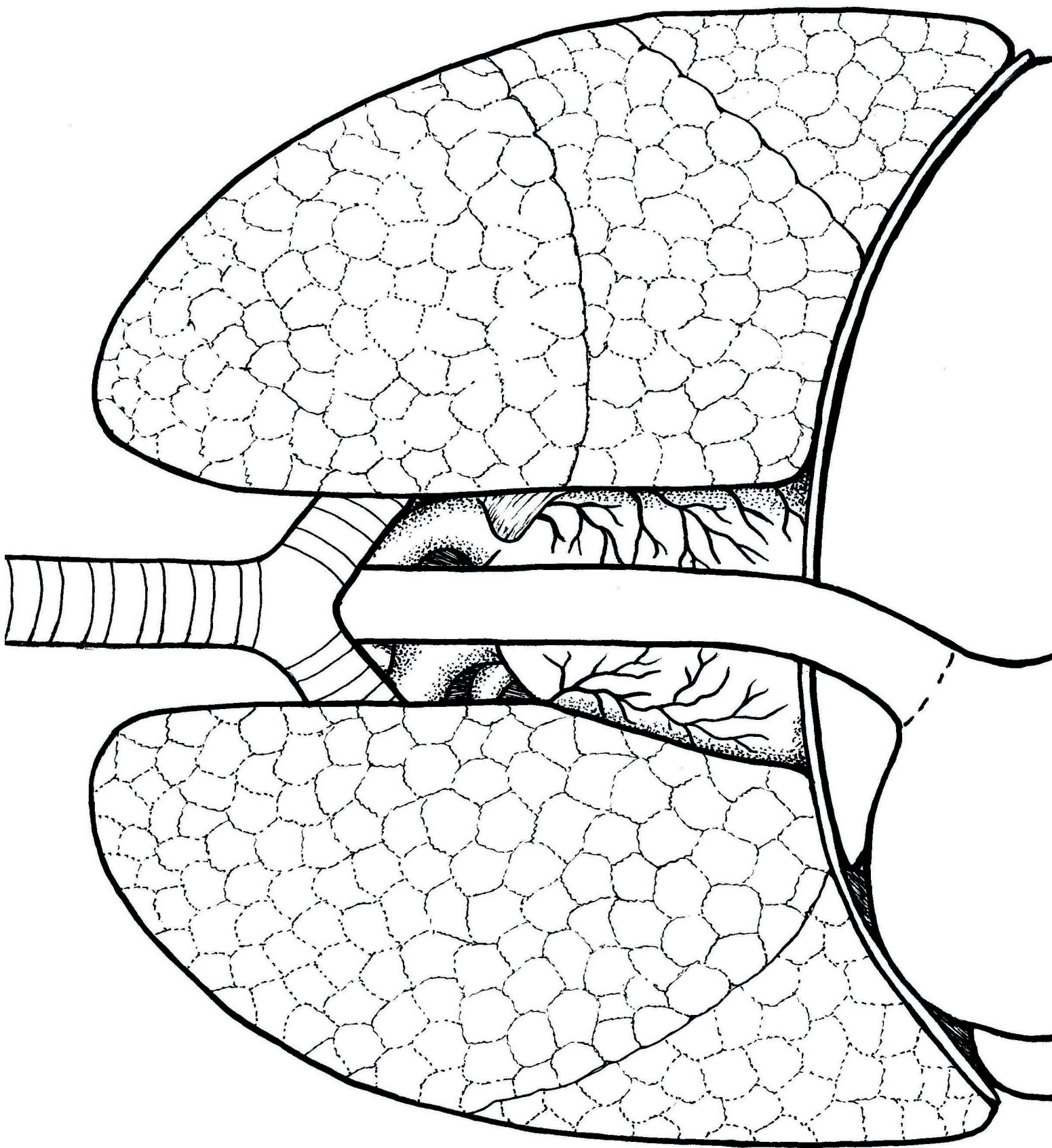
KEY:



(You may or may not want to label the shirts. Leaving them unlabeled is okay, too.)

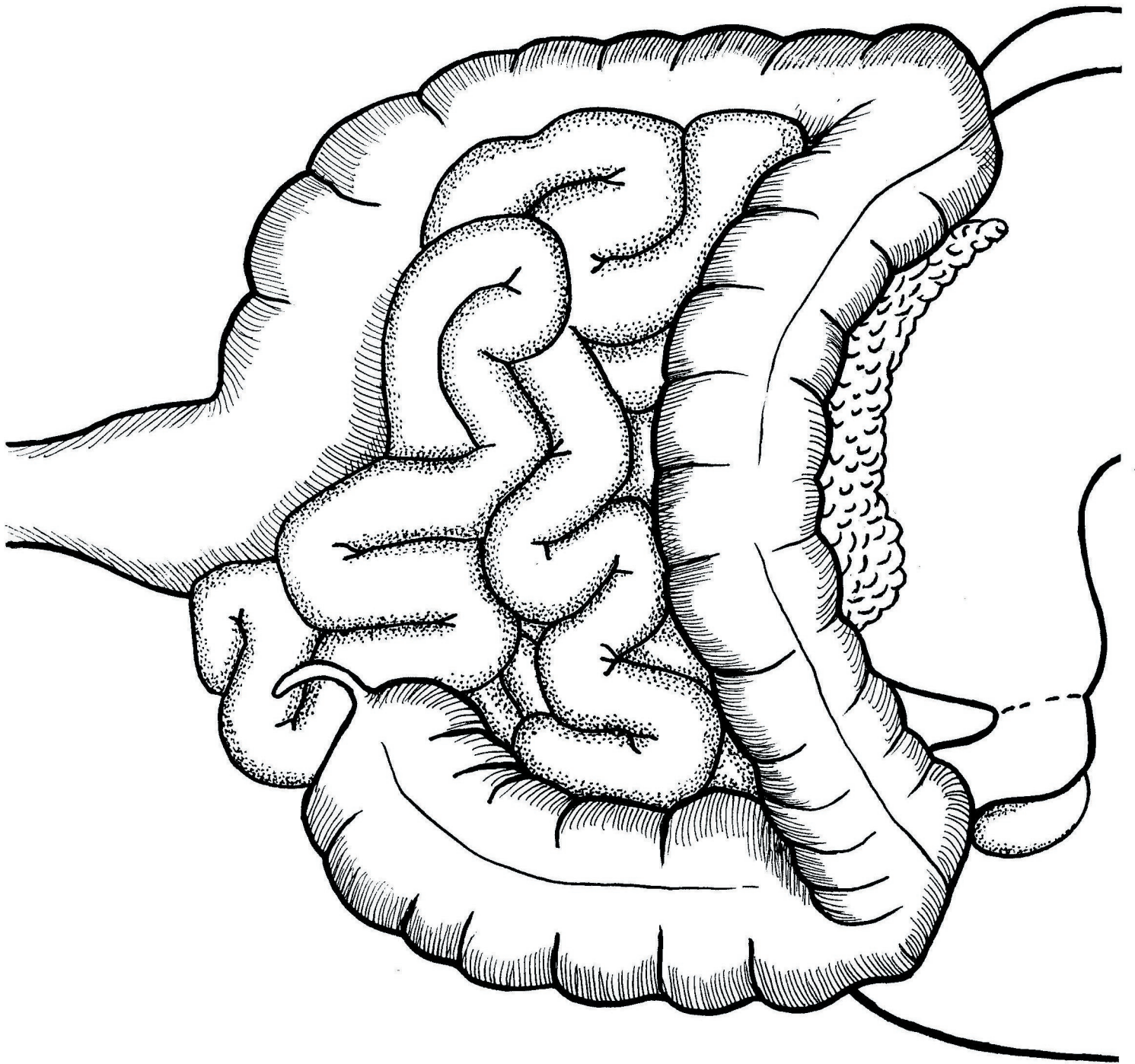


LARGE-- (REVERSE DESIGN)

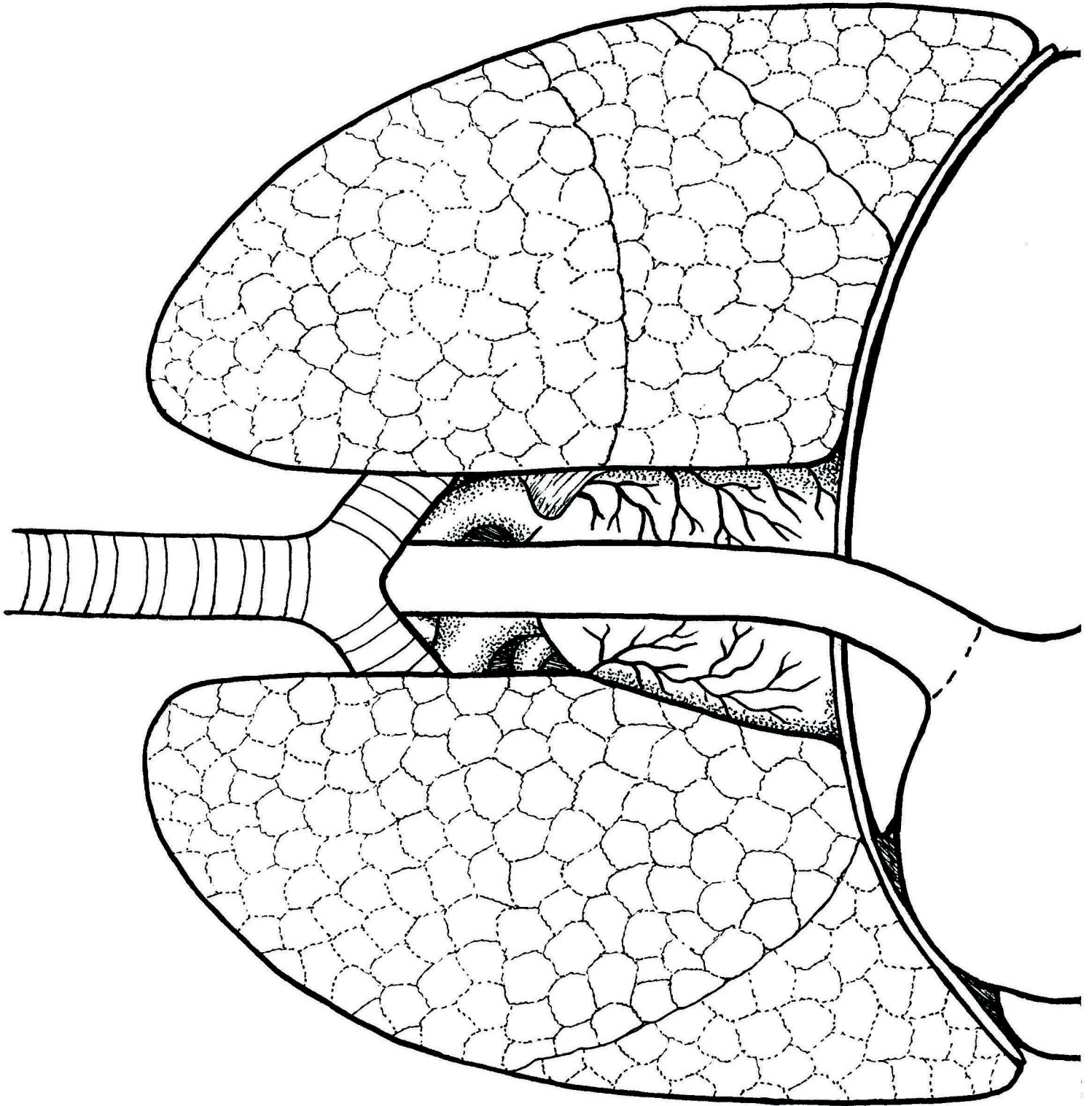


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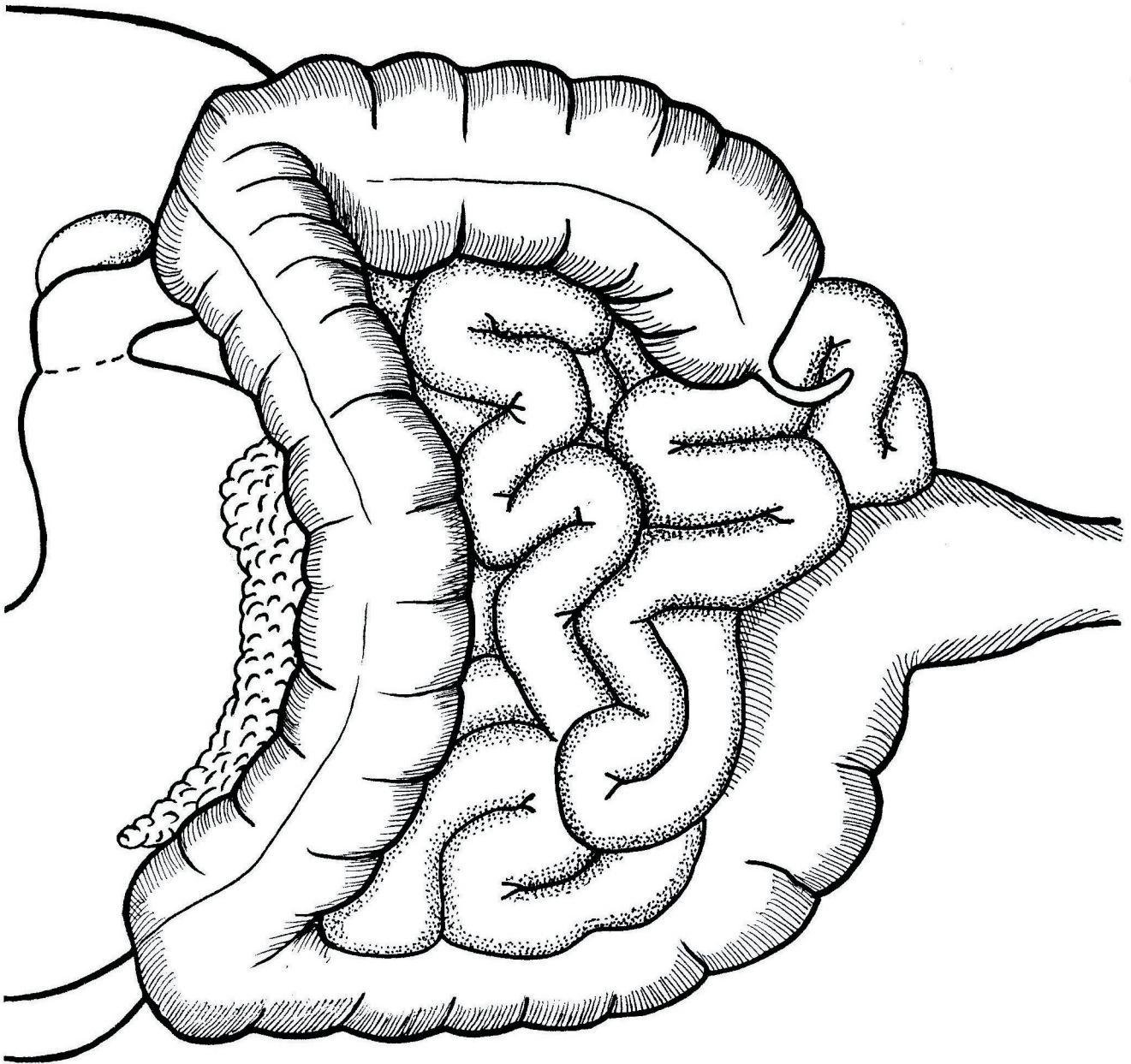
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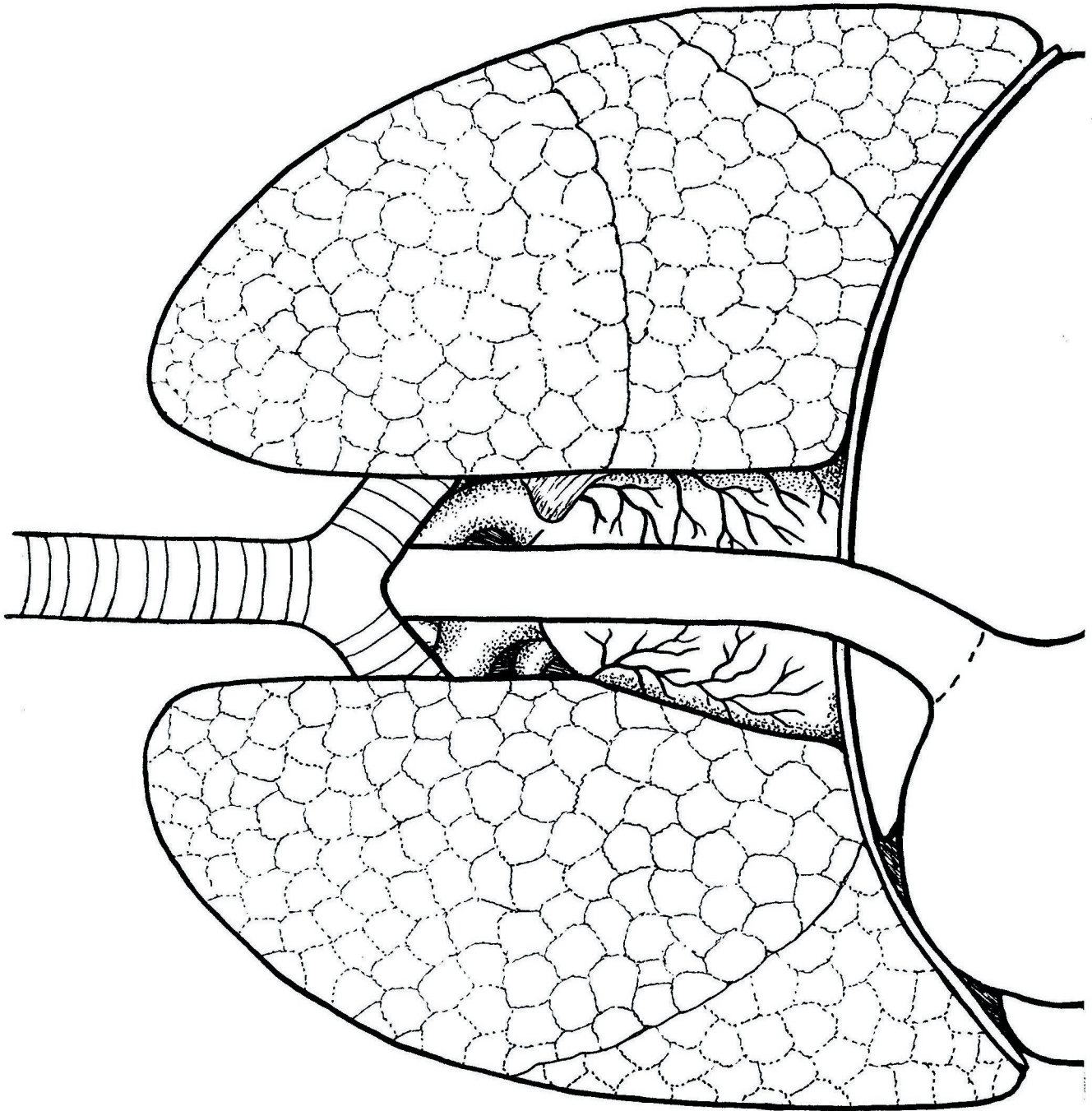
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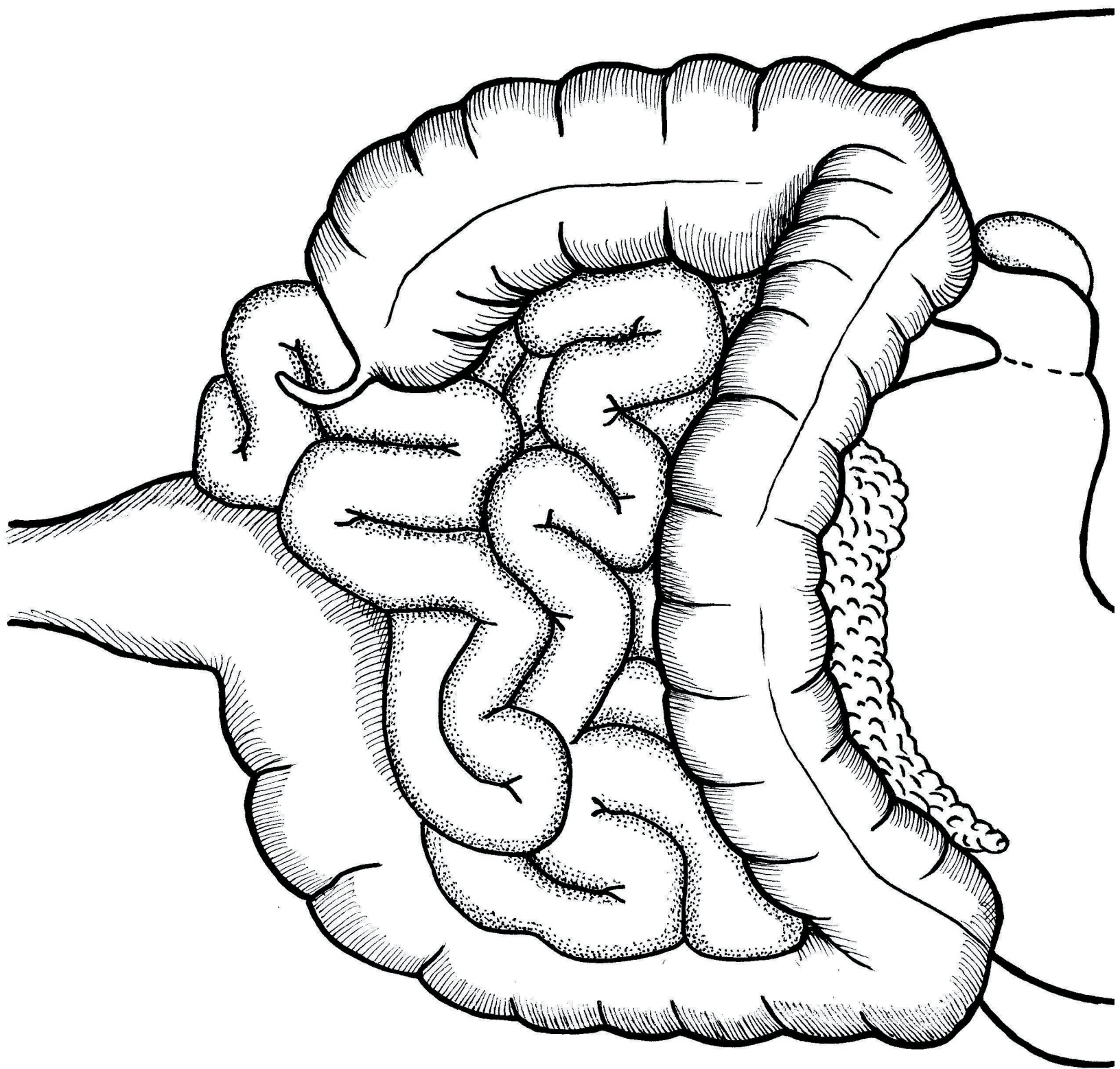


SMALL-- (REVERSE DESIGN)

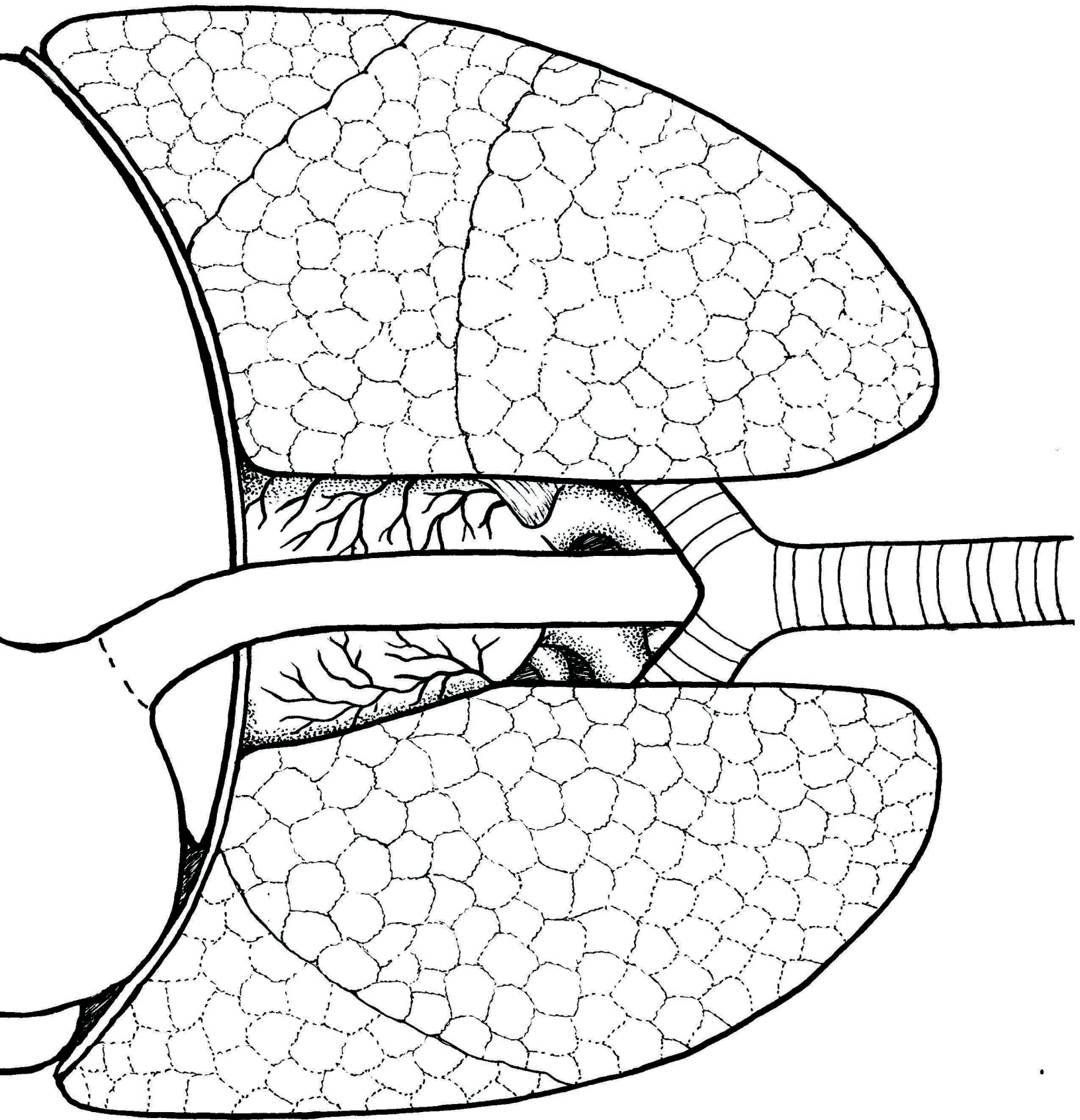


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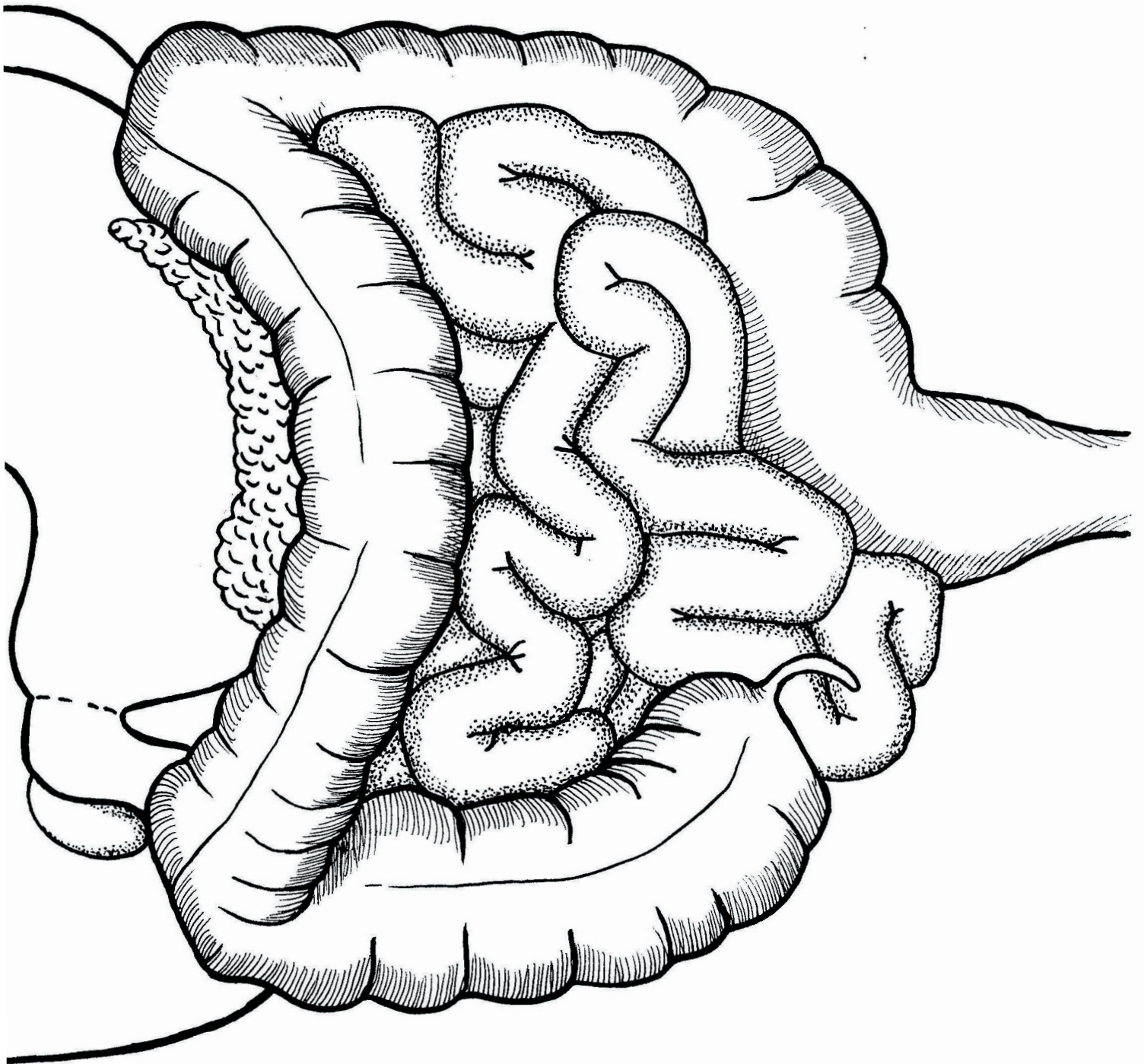




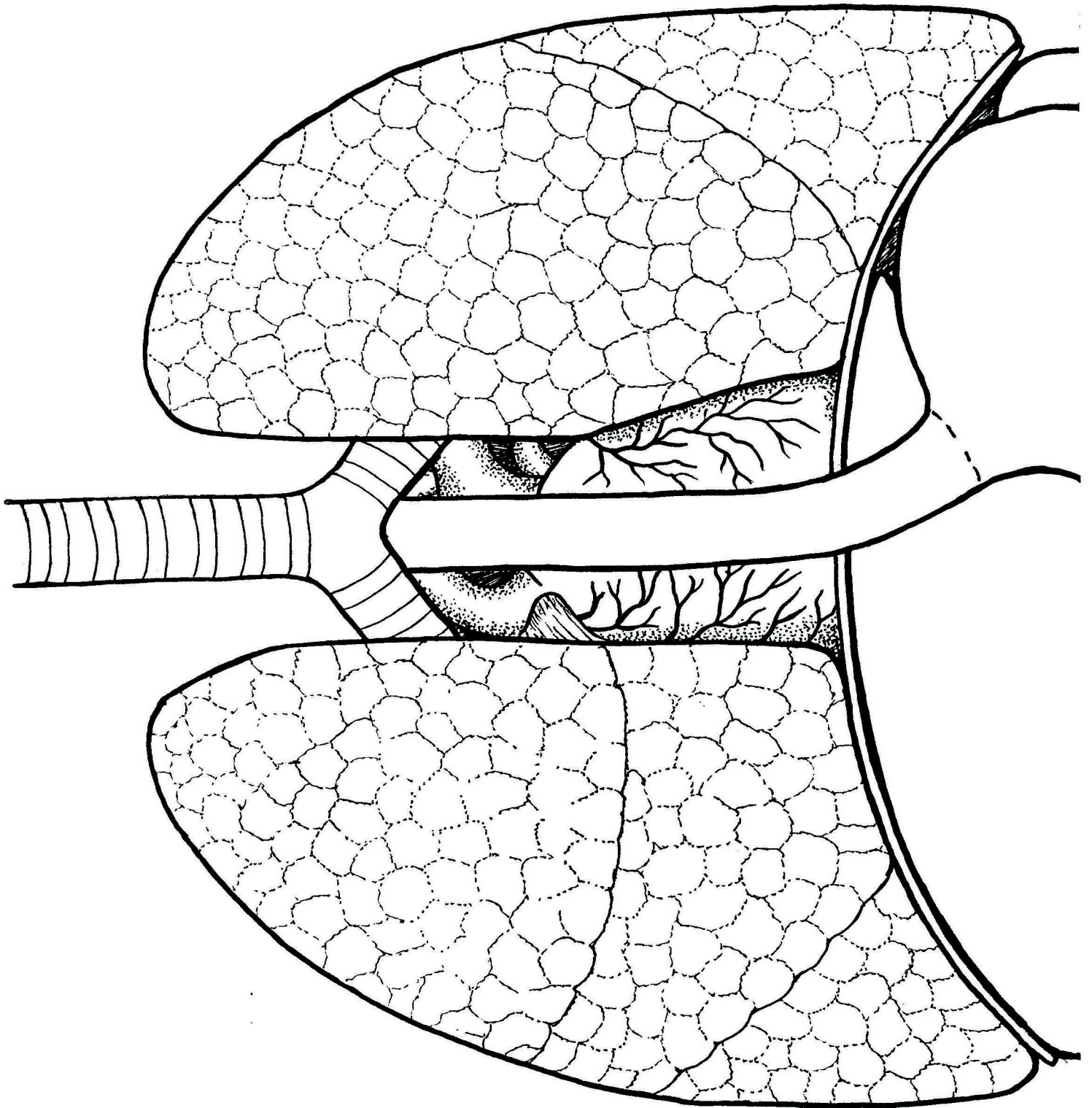
LARGE-- (REGULAR DESIGN, NOT REVERSE)



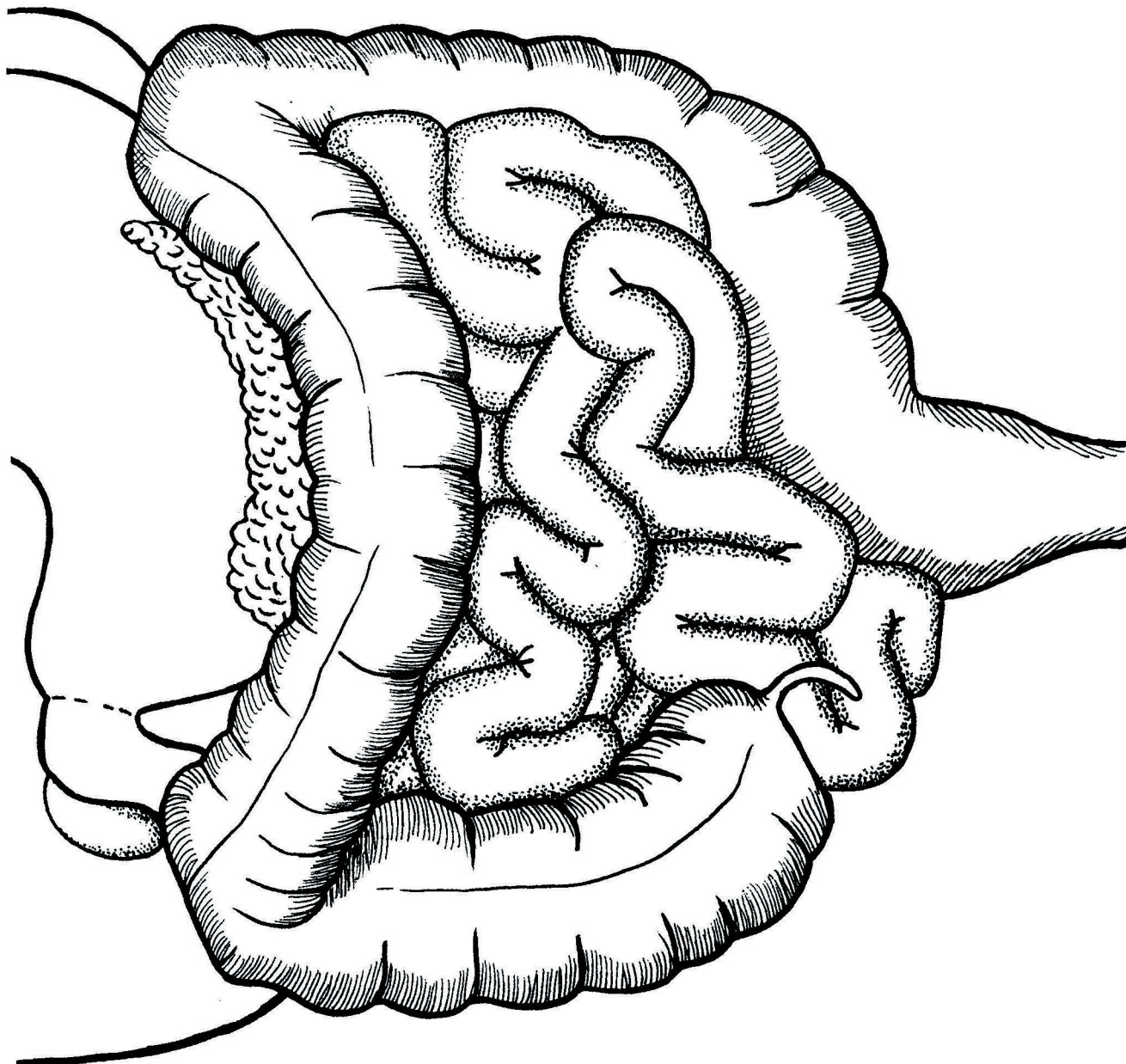
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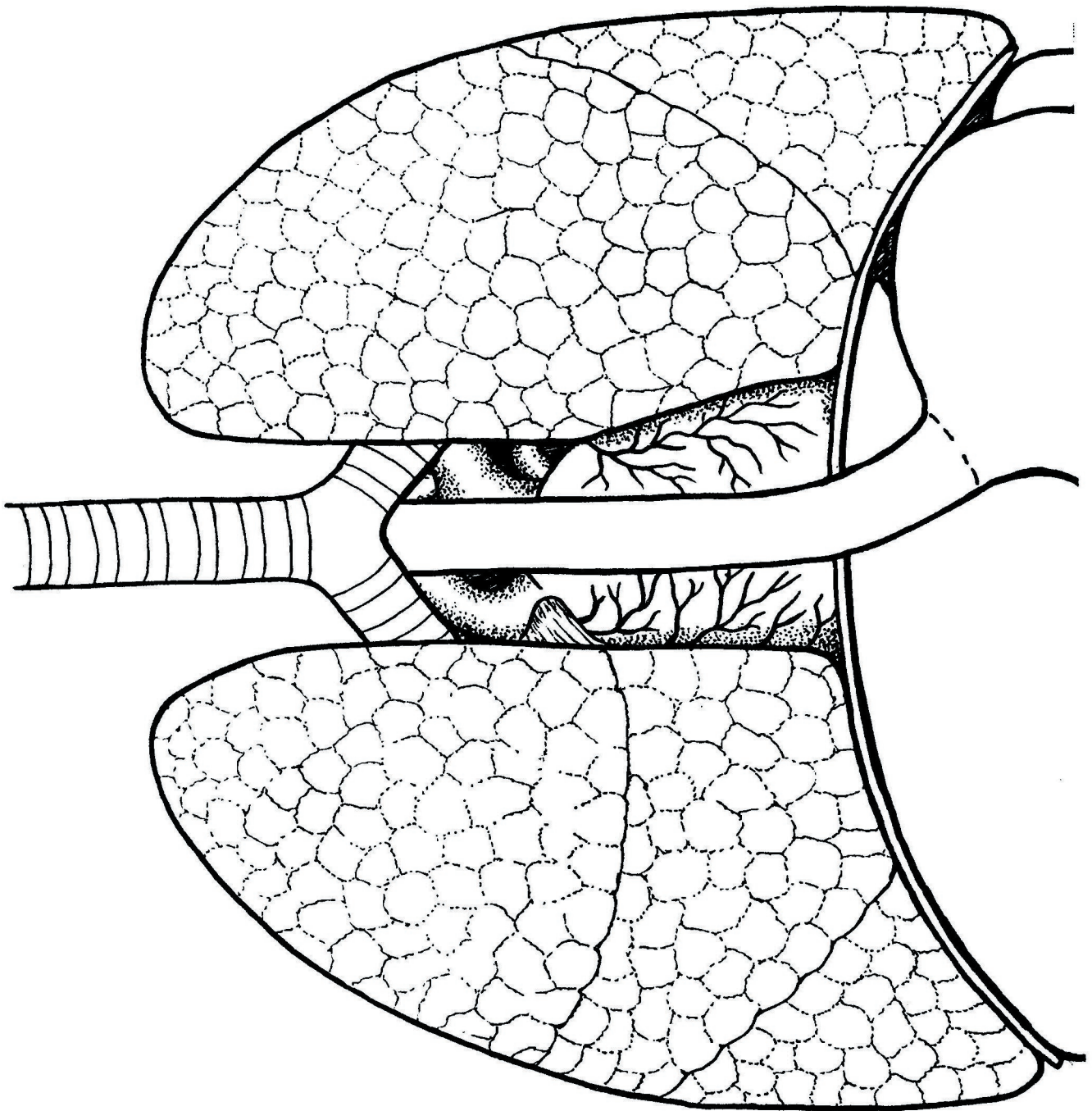
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SMALL-- (REGULAR DESIGN, NOT REVERSE)



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