DIY SHIRT TEMPLATE

Materials you will need:

Large construction paper

Colored permanent markers

Tape measure

Ruler

Scissors
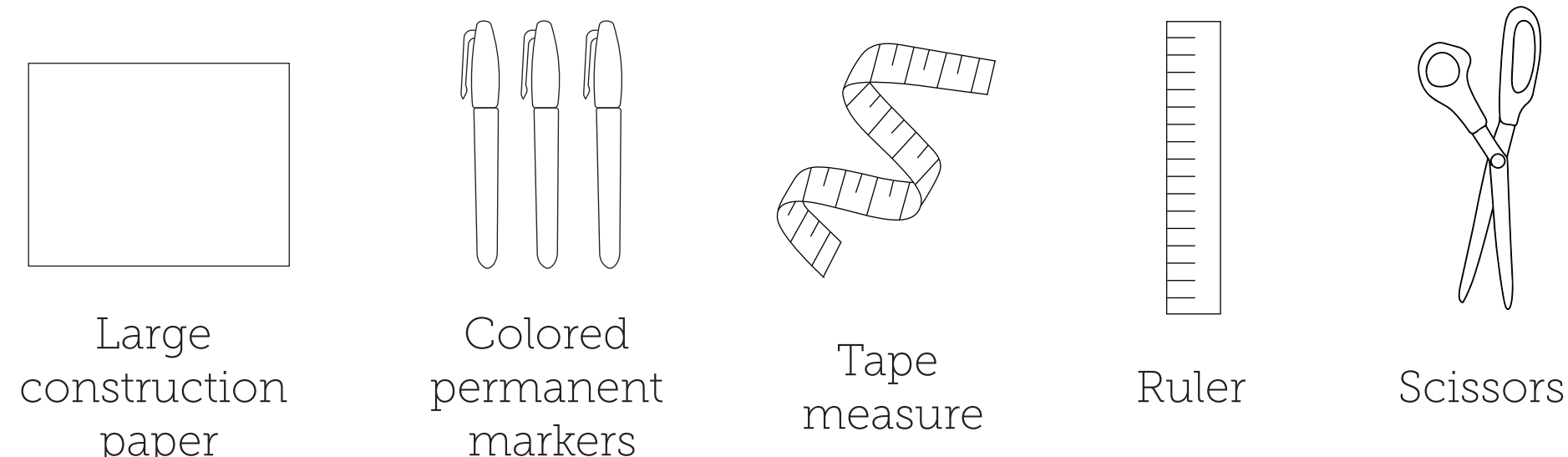
Instructions:

1 Grab your large construction paper and a shirt you would like to use as a stencil for your design.

2 Take your large piece of construction paper (I used 20"x 40") and fold in half. Lay your shirt on top of the folded paper as shown below. Fold the sleeve toward the center of the shirt.

3 Trace all the way around. Mark a line where your neckline starts on the front of the shirt.

4 Remove your shirt and draw an arc from your front neckline to the top of the shoulder.

5 Add seam allowance to the pattern by tracing all around your pattern from step 2 about 1/2" from your original lines. You do not need to trace on the center fold for seam allowance.

6 Since your paper is folded you do not need to trace a separate pattern for your front and back bodice. Cut along the back bodice line as indicated below for the back. Once you finish cutting all the way around, you will have two pieces; the one on the bottom is for the back bodice and the one on the top is for the front bodice. Cut along the blue line on your top piece and you will have your completed front bodice.

7 For the sleeves, you will be doing the same thing as you did for the bodice pieces. Place your sleeve on the folded paper ensuring that the top edges of the sleeve line up with the folded edge of the paper. Mark off the desired length. Trace the inner part of the sleeve toward the underarm.

8 Fold the sleeve toward the center of the shirt and trace from the inner arm to the top.

9 Trace about 1/2" all the way around your trace from above for your seam allowance. Do not add seam allowance to the fold. Place a dot about 1" from the center of the sleeve as shown below. Draw a long s-shape from the underarm to the top of the sleeve. Trace about 1/2" from your line created the step above for seam allowance.

10 Cut around your green long s-shape toward the underarm and then follow through all the around on the green line.

Cut this green line

11 You now have pieces for your front, back, and sleeves.

Front

Back

Sleeve (Folded)

12 You can begin your making shirts with your new stencils!

Front

Back