

Scrunchies

Nanna Betty Sewing School · Improver · printable pattern



A classic scrunchie

A tube of fabric gathered onto a loop of elastic. Two strips joined end to end make it full and floppy, like in the photo.

Finished size

About 5cm wide and 12cm across when relaxed. Stretches to fit a ponytail.

You will need

- 2 strips of light or medium-weight cotton, each 27 x 12cm. A fat quarter makes four scrunchies
- Elastic, 6-10mm wide, 20cm long
- Matching thread
- Sewing machine, sewing kit, iron
- Loop turner, bodkin or a large safety pin

Pattern pieces

A Scrunchie strip: cut 2

1cm seam allowance is included.

What's in this pack

Page 2	Print and cut out the pattern
Page 3	Cutting layout and pattern markings
Page 4	Sewing steps (6 tasks)
Page 5	Pattern page (print this at 100%)

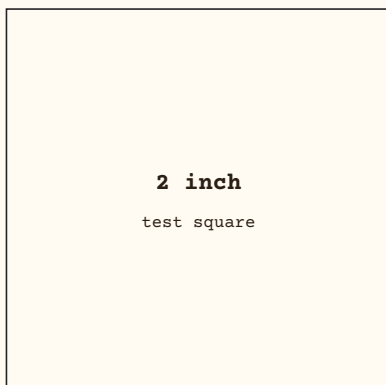
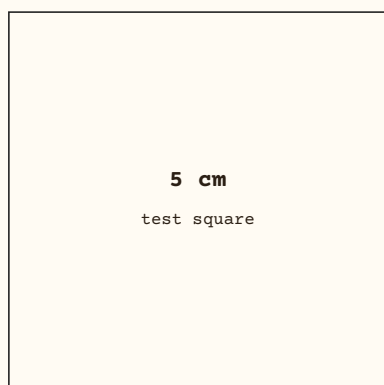
The whole pattern fits on one A4 page, so there is nothing to tape together.

Print & cut out

Check the scale first: it only takes a minute

1 Print the pattern page at 100%

In the print box choose 'Actual size' or 'Scale 100%'. Do not choose 'Fit to page' or 'Shrink to fit'. Print THIS page first and measure the test square below. If it is exactly 5cm, print page 5 with the same settings. Page 5 is landscape, so turn the paper round if your printer asks.



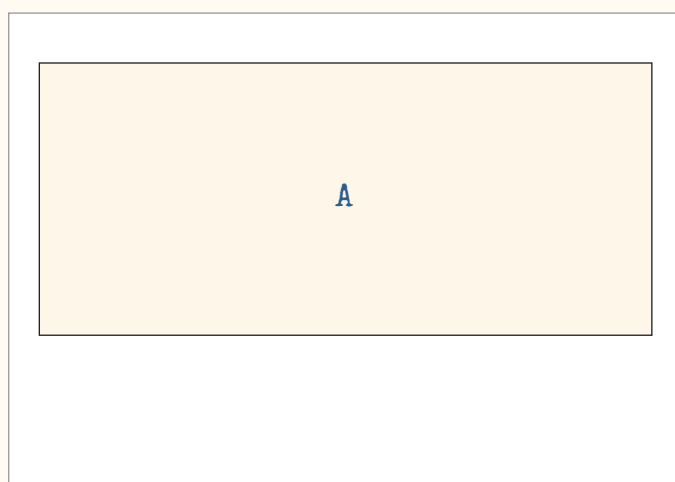
Measure with a ruler. If it is not 5cm, check your printer settings and print again.

2 Cut out the pattern piece

Cut along the solid outer line. Snip into the notch on the short end, about 3mm. Page 5 also has a 5cm test square, so you can check the scale again once it is printed.

3 Cut your elastic

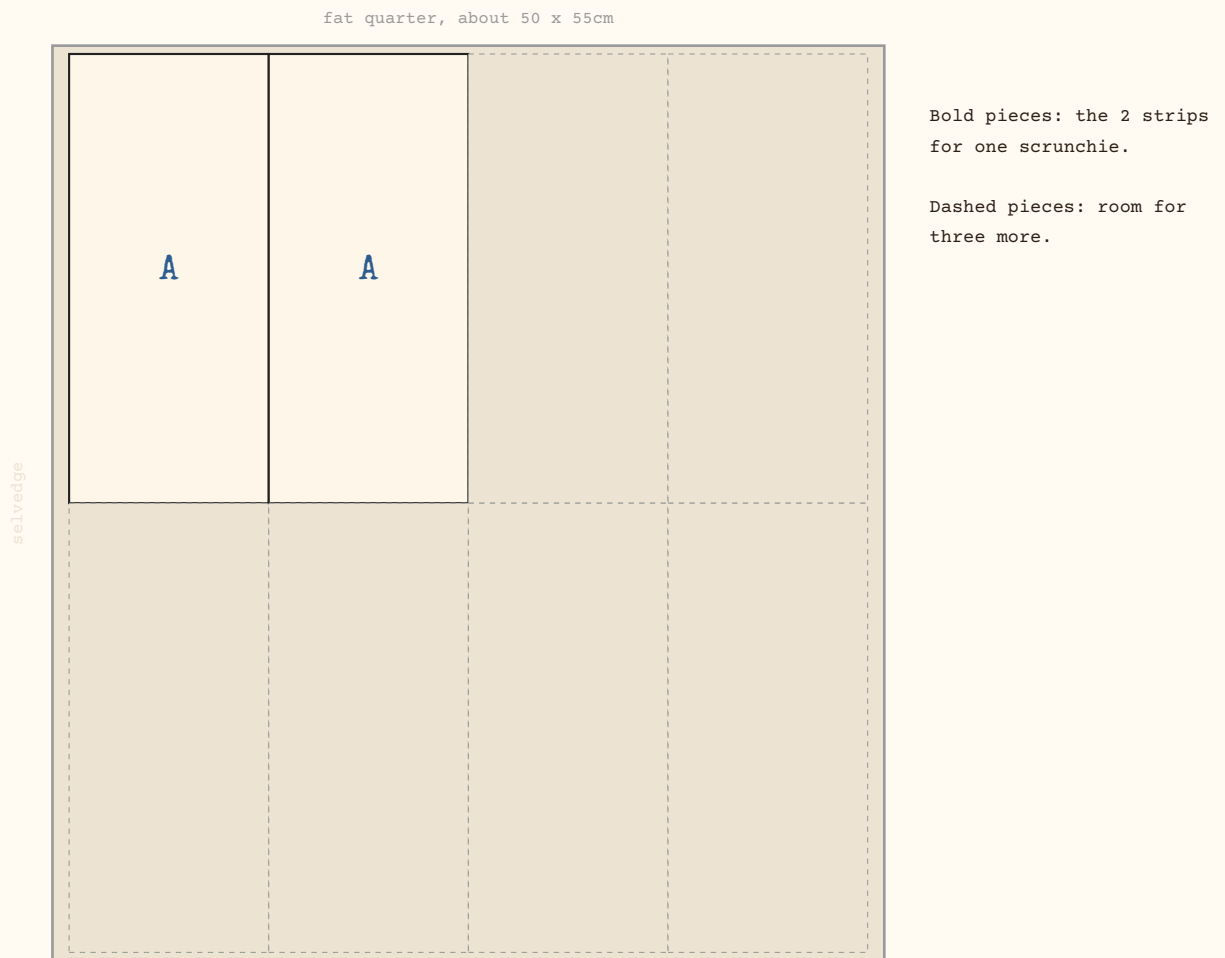
Page 5 has a 20cm elastic guide. Lay your elastic along it and cut it to length.



Page 5, landscape:
one piece, cut 2.

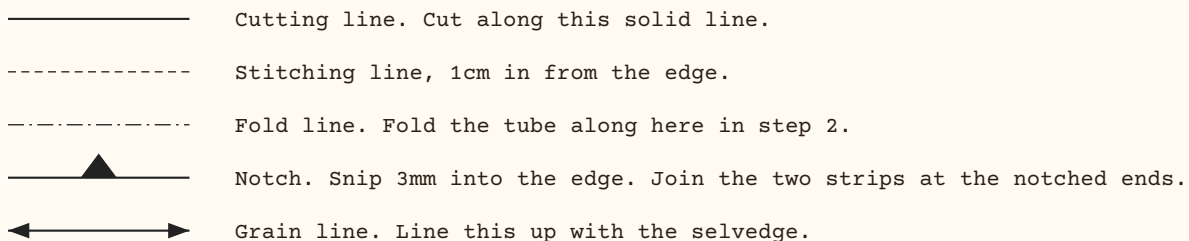
Cutting layout

Fat quarter, single layer, right side up



Lay the pattern with the grain line running along the selvedge. Cut 2 strips for each scrunchie. They can be the same fabric or two different ones, so scraps work well. Elastic: 6-10mm wide, 20cm long.

Pattern markings



Sewing steps

6 tasks · each one has a video and a card in the course

1

Join the strips

Lay the two strips right sides together and match the notches. Stitch across the notched end, 1cm from the edge. Iron the seam open. You now have one long strip.

Card: Notches, Seams

2

Fold, iron and stitch the side seam

Fold the strip in half lengthways, right sides together, and iron the fold. Stitch 1cm from the long raw edges. Leave both short ends open.

Card: Ironing, Seam Guide

3

Turn out

Use a loop turner or a large safety pin to turn the tube right side out. Iron it flat with the seam along one edge.

Video in the course

4

Insert the elastic

Pin a bodkin or safety pin to one end of the elastic and feed it through the tube. Keep hold of the tail. Overlap the elastic ends by 1cm, pin, and stitch back and forth across them.

Card: Elastic

5

Fold in the ends and pin

Fold 1cm to the inside on one open end of the tube. Tuck the other end inside it by about 1cm and pin all round.

Card: Pins

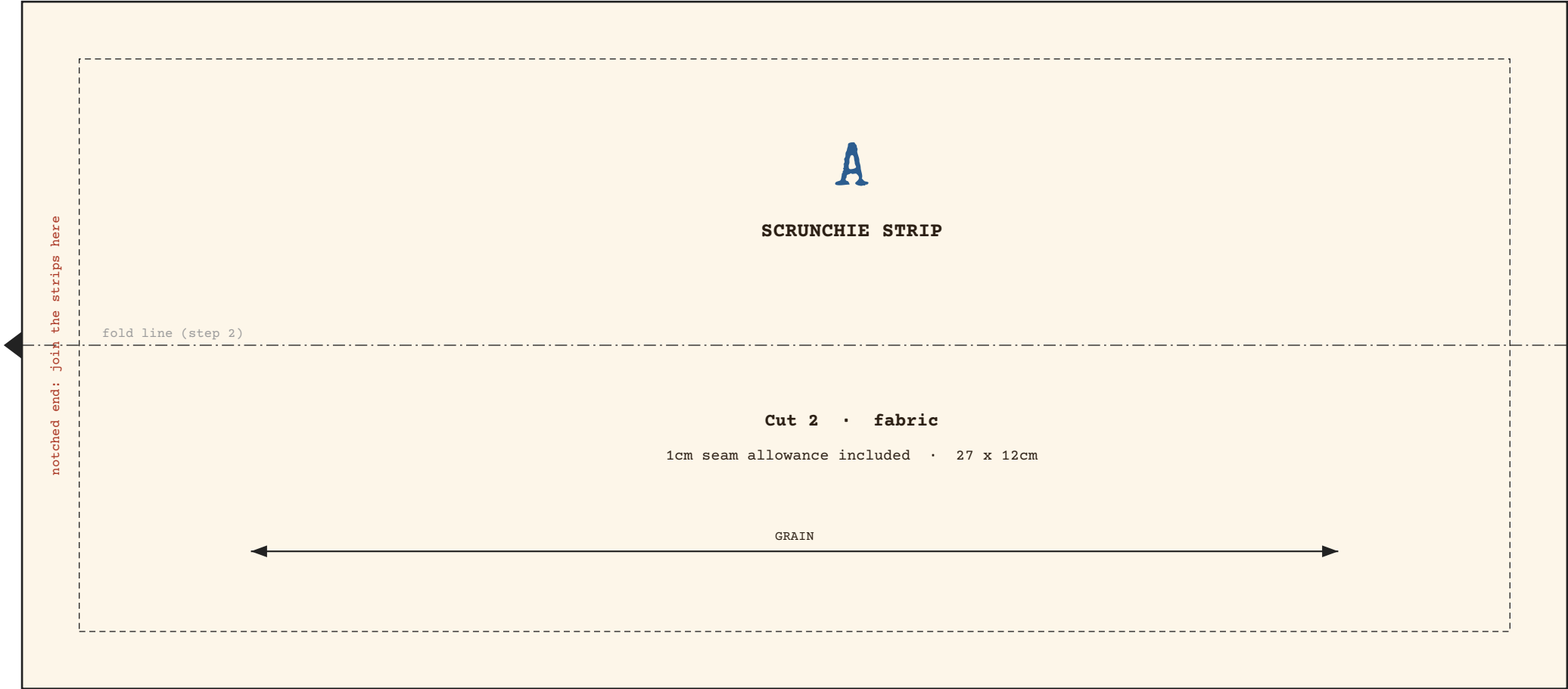
6

Top stitch the edges

Stitch 3mm from the folded edge through all the layers, stretching the elastic gently as you go. Back-stitch at each end.

Card: Seam Guide

Your scrunchie is finished! Spread the gathers evenly round the elastic so the join hides inside.



Elastic guide: cut 20cm

