

NEW WAYS

Up with Upcycle

Anything can become an upcycled project provided you don't think of anything as disposable. It's a way of looking at waste differently



Fashion is increasingly becoming more about conscious consumption, a big reason why upcycled fashion is on the rise

Ever since the pandemic, fashion has been questioning its ways and the endless cycle of need, want and waste is in focus. A reason why upcycling is on the rise. While now a lot more upcycled brands are available, upcycling your clothes is something anyone can do at home.

Upcycling by definition means reuse discarded objects or material in such a way as to create a product of higher quality or value than the original. Brands like Doodlage, Iro Iro, Katran source waste fabrics from factories, export houses and tailors too to fashion new and useful products. Did you know that a functioning export house can generate up to 500

kg of fabric waste every month – this is not counting the deadstock? Now upcycling has moved beyond just clothes: there are people using discarded buttons, waste marble, tyres and furniture.

WASTE TO VALUE

Thanks to the pandemic, there's a huge shift in consumption mindset and thinking. People are more conscious as consumers. There's value being found in older, vintage, heirloom pieces.



UPCYCLING 101

Kids outgrow their clothes faster than you can keep up with. But rather than stocking up on brand-new outfits in a few months, how about considering upcycling? Upcycling requires you to be crafty – with the ideas and your hands. Most of the idea require basic sewing that can be done by a local tailor or you (the parent) can try to hone your skills. But here are few quick ways to look at old clothes afresh:

1 Sew an upcycled striped T-shirt dress: A beautifully simple idea with great results – use strips of old T-shirts and sew them together into a dress.

2 Make a dress from a man's shirt: This requires A-grade sewing skills and patience. If you are up for it: there's a tutorial on thegirlinspired.com.

3 Paint their own fabric: Do you have any plain white cloth lying around? Grab some markers and fabric paints, and ask the kids to have some fun doodling. Once it's done, hang it out to dry and then sew it up into skirts, dresses, etc.

4 Use felt appliques to upcycle drab clothes: Buy some vibrant coloured felt, use some cute patterns, and add some instant oomph to those old clothes that haven't the light of day for weeks! Applique tutorials are available online.

5 Turn a bunch of fabric scraps into patchwork shorts: Have a bunch of fabric scraps lying around from your last sewing project? Then gather them up, add a sewing machine and a whole lot of patience and love, and you'll soon

have a super cute new pair of shorts. You can use fabric scraps to make scarves, bags and also dolls.

6 Create a tote bag from a T-shirt: If you try to avoid using plastic bags for shopping, why not try this very cool idea of making fun shopping totes from knit T-shirts? Use heavy knit T-shirt. Follow this tutorial: <https://www.instructables.com/id/FASTEST-RECYCLED-T-SHIRT-TOTE-BAG/>

Remember that upcycling is just a way of looking at waste in a different way. Anything can become an upcycled project provided you don't think of anything as disposable. RESET.ORG



Upcycled chic: Fashion brand Doodlage creates contemporary silhouettes with waste fabric

OFF THE GRID



SELF CARE

Have you tried these at-home packs?

A homemade ubtan is a form of self-care and rejuvenation. Here are some recipes for a good weekend pampering...

Ubtan is an age-old Indian tradition followed in various households for a healthy glow. The homemade goodness of an ubtan is universally acknowledged. In fact, experts call it the first known cosmetic treatment in the world. In the universe of pre-mixed potions and treatments, ubtan is the bespoke beauty basic. It's a good way of exfoliating and softening the skin.

GOOD TO KNOW

In Ayurveda, skin is considered a source of ingestion. So, anything that is applied on the skin is supposed to be absorbed

by the body – a reason why it advises against chemicals and also why ubtan should use high quality ingredients.

● Home-based ubtans are better than the store-bought ones.

● Many common ingredients used are anti-inflammatory and anti-bacterial.

● To use any ubtan, take a handful, apply on your face and start massaging in circular motions. Do it for at least 5 to 10 minutes, and was off with lukewarm water. Do not apply soap after using it.

● Use ingredients based on your skin type. For instance, dry skin ubtans will use milk or curd while for oily skin rose water is used.

RECIPE FOR A GOOD SKIN

1 For all skin types: In equal parts, take ground dry orange and lemon peels, oats and almonds. Add honey and yoghurt in equal quantities to make a paste. Rub gently with circular movements and wash with water. You can add an egg white too.

2 With aloe vera: Take 1 tbsp oats or multani mitti and aloe vera gel. Add 1 tsp each orange peel powder and curd to it and mix. Apply and wash after 30 minutes.

3 For dry skin: Mix choker (wheat bran) with honey, milk and 1 tbsp almond oil into a paste. Apply and after 15 minutes, dampen with milk and scrub off. Rinse with water. For very dry skin, mix coconut oil, juice of a lemon and 2 tbsp aloe gel. Apply and wash after 30 mins.

4 Normal to oily skin: Mix 3 cups sesame seeds (coarsely crushed), 6 tbsp each of dried mint leaves (powdered), olive oil, honey and curd. Sesame seeds soothe sun-damaged skin. Rub gently on neck, arms and legs. Wash with water after a few minutes.



5 Ubtan bath: Before your bath, apply til oil or olive oil and massage it on the skin. Then mix together 2 parts wheat bran (choker), 2 parts gram flour, one part almond meal, with yoghurt and a little turmeric, into a paste. Apply the paste on the body and leave on for ten minutes. Then rub gently on the skin with circular movements and wash off with water while having a bath.

Shahnaz Husain, herbal beauty expert

TRY THIS...

TIE & DYE

Want a craft to try out with the kids? How about tie-and-dye? This boho art is also making a huge comeback in the fashion circles for its easy vibe. And surprise! It's not that tough.

What you need?

Objects to dye: White Shirts or other objects to dye. Cotton works

best; **Tie-dye kit:** There are lots of kits to choose from – mostly available online; **Rubber bands:** Lots of them, as you will need 2-8 per shirt; **Gloves:** Latex gloves work the best and are better than the plastic ones; **Plastic bags:** At least one per item plus one large trash bag to hold all of the shirts; **Plus:** Old clothes to wear.

NOTE: Kids need to be assisted by grown ups and proper safety equipment must be worn before trying it

How to do it?

■ Pre-wash your shirts and leave them damp from the washing machine. Fold and rubber band your shirts as desired – there are various ways to rubber band the clothing to get different effects. The common ones are:

Bullseye: Pinch the centre of the item and rubberband it and then follow with a rubberband at equal intervals – making a cone.

Spiral: Pinch shirt in the middle of the spiral and twist while keeping the shirt flat. Rubber band so that the shirt is divided into six sections for a rainbow swirl.

NOTE: Find more folding techniques online, as each folding style gives a different effect

■ When finished folding, mix up the bottles of dye. The dye usually remains at 100% strength for one hour after mixing, so do not

mix up your dye until you're ready to use them!

■ Place wire racks on the bottom so that the shirts don't sit in the puddle of excess dye and muddy the colours. Squirt the dye onto the shirts (make sure that the dye gets down inside the folds for best coverage), let the excess dye drip off for a minute, and then wrap the shirt tightly in a plastic bag.



KEEP IT CLEAN

Kids should poncho up in plastic covering or wear old clothes. Use a plastic tablecloth or a couple of trash bags to completely cover your designated workspace. You can also use this time to help your kids set up the inks in the squeeze bottles that came with your kit.

■ Quickly rinse the sink/tub between each shirt to wash the dye down the drain and avoid staining. When all the shirts have been dyed and wrapped in plastic bags, place the bags into a larger plastic bag and set them somewhere warm for 24 hours. It's important to let the dye have that time and heat to penetrate the fibres and stay vibrant. PARENTS.COM, HAPPINESSISHOMEMADE.NET

Quiz time

HOW WELL DO YOU UNDERSTAND BULLYING?

Bullying greatly affects your child's ability to learn and grow emotionally, socially and cognitively. Take this quiz and find out how you can reduce incidences of school bullying

Q.1) Bullies can intimidate others because of their:

A. Physical strength **B.** Social standing **C.** Both
(c. Bullies can intimidate for various reasons, including using physical strength. Bullies can also intimidate due to their social standing, popularity and sense of authority.)

Q.2) Bullying includes:

A. Physical aggression **B.** Social pressures **C.** Both
(c. The typical bully is a child who uses physical aggression. Bullying, however, can also include social exclusion, verbal threats and intimidating attitude.)

Q.3) At what stage is bullying most common?

A. Elementary school **B.** Middle school **C.** High school
(b. Bullying typically starts during preschool. It peaks in middle school and often goes undetected by school staff and parents.)

Q.4) Kids who bully:

A. Go unnoticed **B.** Get into trouble **C.** Be good students
(a. Kids who bully know how to go undetected

ed by parents and school staff. Bullying typically happens without any adult awareness – whether it be online or on the playground.)

Q.5) How can you identify a child who bullies?

A. Ask your child's primary teacher **B.** Observe how children interact **C.** Ask your child's principal
(b. The best way to identify a bully is to observe how your child and his or her peers interact. Your child's teacher and principal may have little idea about who is a bully on the playground.)

Q.6) What is the first step a school should take to decrease bullying?

A. Define what is considered to be bullying **B.**

Enforce a zero tolerance rule for bullying **C.** Have a school assembly about bullying
(a. The school needs to define the concept of bullying and be strict with acceptable and unacceptable behaviour.)

Q.7) When talking to a bully, the school administrator should:

A. Discuss the concept of bullying **B.** Label the child as a bully **C.**

Focus on the specific bullying incident
(c. Stay focused and concrete when talking to a child who bullies. Talk only about the specific bullying incident, rather than labelling a child a bully or talking about the more general and abstract concept of bullying.)

Q.8) Teachers



HOWSTUFFWORKS.COM

WORD OF THE WEEK

LIVE STREAMING

Live streaming technology lets you watch, create and share videos in real time, a bit like live TV. Ever since the lockdown, live streaming has come to the forefront of content creation and entertainment online. All you need to be able to live stream is an internet enabled device, like a smart phone or tablet, and a platform (such as a website or app) to live stream from. Unlike pre-recorded videos that can be cut and edited, live streaming is live and uncensored. Some streams can be password protected while most are public and might be watched by thousands of people – a reason why you need to be careful while accessing any live stream. Parents need to have a conversation about internet usage with set rules and also discuss the positive aspects of internet along with warning them of consequences.

