

How to make a Scrunchie

Materials

- 1/8 yard fabric (or a fat quarter or scraps - to work with scraps, see the cutting instructions)
- 1/4 yard 1/4"-wide flat elastic
- Matching thread

Instructions

1. Cut and Press the Pieces

Cut an 8" long piece of elastic (or whatever fits comfortably around your wrist).

Using a rotary cutter (or fabric scissors), cut a 3" x 22" strip of fabric. Press each of the 3" wide ends under 1/4" with wrong sides (backside of the fabric) together, to form a crease for the final stitching.

If you want to add an optional decorative tie on the scrunchie, cut a 3" x 8" strip of matching fabric, then fold it in half the long way. Measure and cut from the fold to 1 1/2" in from the non-folded edge to form a point at each end.

2. Sew the Main Scrunchie Tube

Fold the 3" x 22" strip in half right sides together, matching the long sides, right sides (front if the fabric) together, unfolding the 1/4" crease that you pressed. Pin the elastic at one short end, matching the raw edges. Using a 1/4" [seam allowance](#), sew across the short end where the elastic is pinned, pivot at the corner, then sew down the long edge. Backstitch or lock the stitching at the beginning and end of the seam and reinforce across the elastic. This prevents the stitching from coming apart as the elastic pulls.

3. Turn the Scrunchie Right Side Out

Attach a safety pin to the loose end of the elastic. Turn the tube right side out from the open end, using a chopstick, the blunt end of a pen or pencil, or a tube turner if you have one, and pull the safety-pinned end of the elastic out the open end.

You can either hold onto the end of the elastic when turning (the safety pin makes it easier) or attach it to a secure surface (by pinning it to an ironing board cover) as you turn the fabric right-side-out.

If you struggle to hold the elastic as you turn the tube, first turn the tube right-side-out and then use the safety pin to guide the elastic through the scrunchie. Then push the fabric down as you go.

4. Attach Elastic Ends Together

Sew the loose end of the elastic to the closed end of the scrunchie as shown, sewing back and forth across the elastic. Remove the safety pin if you haven't already, and refold the open end of the scrunchie to the inside along the fold line.

5. Close the Gap to Cover the Elastic

Straighten the fabric to make sure the seam is in the same position all the way around the scrunchie.

Slip the open end of the scrunchie over the end with the exposed elastic and sew straight across, backstitching at beginning and end.

The thread doesn't match in these photos so you can see the stitching better, but you should [use matching thread](#) throughout the project.

6. Sew the Extra Tie Piece

This part of the scrunchie is optional, but it adds a fun detail.

Fold the 8" strip with pointed ends in half, right sides together. Using a 1/4" seam allowance, sew from one point in toward the center, then stop. Sew from the other point in toward the center, and then stop, leaving a 1" to 2" gap for turning.

Trim the seams at the corner points to reduce bulk, then turn the tie right side out and press.

Fold the seam allowance in and sew the opening closed. You can do this by hand with a whip stitch. Or, for a faster finish, sew the opening on your sewing machine, stitching about 1/16" from the folds of the gap. This seam doesn't really show once it's on the scrunchie, so it doesn't need to be perfect. Tie it around your scrunchie. Viola!