

# How to Make a Rag Rug: A Simple, Accessible Guide

## Materials needed:

**Size of Rectangle: 20cm x 15cm or 8inches x 6inches.**

- **Fabrics:** Cotton, linen, or old t-shirts work well.
- **Scissors:** For cutting the fabric into strips.
- **Latch Hook (optional):** Assists with making knots. Alternatives include hair clips, bobby pins, crochet hooks or just hands
- **Clip and Board:** For stabilizing the first row of the rug.

## Step 1: Preparation of the Fabric

1. **Gather Your Fabrics:** Collect old t-shirts, sheets, or any fabric you don't need anymore. Make sure they're clean.
2. **Cut the Fabric:** Use scissors to cut the fabric into strips. Each strip should be at least 2,5 cm (1 inch) wide and as long as possible. The longer the strips, the easier it will be to work with. The wider, the easier it is to handle the knots.
3. **Cut holes into fabric:** You can cut holes into the end of the first fabric strip, by folding the end over and cutting a slit into the folded area. The other strip will have the same, but on both ends. The first piece of fabric will be called the anchor strip and the second piece of fabric with two holes will be called the Joining Strip.

**Tip 1:** If cutting is difficult, you can ask for help or use a fabric rotary cutter with a safety handle. Also, if cutting long fabric strips is hard, you can ask for help or cut shorter strips and knot them together as you go.

**Tip 2:** clip it on in for the first row (anchor strip) and take it off after, for freer movement

## Step 2: Weave the Fabric Strips

1. **Combine Anchor and Joining Strip:**
  - o Push one end of the Joining Strip through the hole in the Anchor Strip.
  - o Pull the Joining Strip halfway through, then take the other end and push it through the hole in the Joining Strip to create a knot, connecting the two strips.
2. **Clip Your Strips:**
  - o Secure the Anchor and Joining Strips with a clip to stabilize the first row of knots. Once bottom row is finished, you can unclip for more freedom of movement.
3. **Start Weaving:**

- Lay the Anchor Strip in a straight line.
  - Use the Joining Strip to make knots by looping it over the Anchor Strip, pulling it through underneath the anchor strip, and then tightening it by leading the strip through the loop. Repeat this process until the desired length is achieved and count the knots.
4. **Add New Rows:**
- Unclip the bottom row and form a loop to push the Joining Strip through the bottom row's knots, lead it underneath the anchor strip and pull into knot. If familiar with knitting, hold the bottom row in one hand and lay the Anchor Strip over your fingers. Push the Joining Strip through each knot in the bottom row, creating new knots in the subsequent rows. (see pic 2)

**Tip 3:** Use different coloured fabrics to create patterns or random designs for a more artistic look.

## General Tips:

1. **Knots:** Avoid making knots too tight.
2. **Stabilization:** Clip the Anchor Strip in place for the first row and remove the clip for easier movement.
3. **Counting Knots:** Keep track of the number of knots while making the Anchor Strip.
4. **Shape:** For a squarer rug, place multiple knots into one hole.
5. If the edges of the rug base are rough or uneven, fold them over and weave them into the rug for a cleaner finish.

## Accessibility Tips:

- **For Hand Mobility:**
  - Consider using fabric strips that are wider, making them easier to grip and weave.
  - Take frequent breaks to rest your hands and consider using tools like a latch hook to reduce strain.
- **For Visuals:**
  - Use high-contrast fabric colours to help distinguish between different strips. Working with someone who can assist with colour matching can also be helpful.