

# Resident Engagement Idea of the Week

## **This Week's Idea: Squirt Tub Tie Dye**

**Community and Team Member: Activity Director, Emily Shaft at Savage Senior Living at Fen Pointe**



### **Instructions:**

Emily went to Walmart and bought white scarves and tea towels as well as a large tie dye pack with several different bottles and colors of dye; they are all in the same section. You could also do T-Shirts, Masks; anything that is cotton and white will take the color the best.

She then went to Dollar Tree and got Squirt Tubes, you could also do squirt guns, or anything that can squirt out water.

Next you follow the directions on your tie dye color bottles, mine you just had to add water, shake, and make sure the colored powder is dissolved.

You then prep whatever you are dying, you can put rubber bands around the items in different patterns, bunch, and swirl in different patterns as well, or you can just hang your item on a clothes line, in the grass (I rubber banded ours to metal mask hangers, so you can use whatever you have on hand that can withstand the colored dye and still come off).

Next, Emily poured the dye into separate bowls, residents chose the color they wanted, and she filled the squirt tube with the dye. You then point and aim at your item you are dying and squirt away! If you are using a squirt tube the dye comes out fast, so make sure to lift the part that the liquid comes out of upward, so the dye doesn't fall out, then point and aim right away. You can squirt the item as many times as you would like, the more times you do it the darker the dye will be.

After you have finished tie dying, wrap the item in plastic and let sit for 6-8 hours. After 6-8 hours rinse with cold water until the water is no longer colored (kind of like dying your hair).

Emily suggested to her residents to wash the item with nothing in the washer for the first wash just to make sure all the dye is out. You can also wash them for the residents if they do not do their own laundry.

### **How It's Going:**

They turned out to be really cute and the residents loved the process of making them.