**Recycled Chew Toy**

Being an Upstander includes our furry friends! Help bring cheer to animals in shelters by making chew toys out of t-shirts. Many animals in shelters are lonely and in need of some loving kindness.

**What you will need:**
- Old t-shirt or other recycled fabric
- Scissors

**What to do:**
- Starting at the bottom hem, cut 1 inch width strips horizontally across the whole shirt (it should cut out in a loop). Cut this loop in half.
- Continue cutting these strips until you reach the arm holes. Set the rest of the shirt aside and keep these strips.
- Take 3 strips and tie a knot at the top to connect them. Braid the strips. Cross the left strip over the middle, then the right strip over the middle. Continue to braid until you reach the bottom.
- Tie the loose ends in a knot.

**Bonus Challenge:** Instead of throwing away the remainder of your t-shirt, repurpose it! Here are 5 ideas of things you can make from t-shirt sleeves.