

Olympic Rings Dog Toy



Supplies Needed:

5 old shirts or rags in the following colours: Blue, Black, Red, Yellow, Green

Scissors

Ruler

Rubber Bands (optional)



Upcycle your old shirts. They don't have to be the colours of the Olympic Rings.

Step 1 – Cut the Strips



Begin by cutting 3 strips, about 25 inches long/1 inch wide from each colour of shirt. That's 15 strips in total.

Keep them separate by colour.

Step 2 – Knot the Top of Your Strips



Separate your strips by colour and then loosely tie a knot at the top of each one. You should have 5 “rings” ready to braid after this. You can also use a rubber band to do this.

You’ll want to keep the fabric loose so that you can tie it to the other end after you’re done braiding it.

Step 3 – Braid the Strips

Start braiding each strip, from the knot down. Leave some excess fabric at the ends to tie your “ring” together.

Do NOT tie the rings together yet! You need to wait until ALL of them are completed!

Step 4 – Tie the Blue Ring

The blue ring is the first in formation and you need to tie this one together first.

Step 5 – Make a Chain and Connect the Rings

Connect **Blue** – **Yellow** – **Black** – **Green** - **Red**



Once the blue ring is done, lay out the other rings as shown below. Then you can begin to tie them. The key is tying them to each other, so that they literally form a chain when complete.