#### Wheel of Wellbeing

Boomerang bags

(an activity from Kath Hema, WoW Advanced Practitioner, Tieri)



### Overview of the activity

Create a chic 'bag for life' out of old T-shirts. It's a fun activity that saves clothes from going to landfill and helps reduce the use of plastic bags. Boomerang bags also make great gifts - win, win, win!

#### Instructions





Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Greative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at <u>www.creativecommons.org/</u><u>licenses/by-nc-sa/4.0</u>. Adaptations need to follow brand guidelines available at <u>www.wheelofwellbeing.org/brand</u> and be signed off by SLaM. For permissions beyond the scope of this license contact <u>hello@wheelofwellbeing.org</u>.

## Wheel of Wellbeing

Boomerang bags

(an activity from Kath Hema, WoW Advanced Practitioner, Tieri)

# Why not change it up a little?





Leave the sleeve seams to strengthen the bag handles

Gut the sleeve seams off to narrow the handles

Tie two rows of knots to secure & strengthen the bottom of the bag

Turn the shirt inside out before knotting the bottom

Tie the T-shirt hem to the handles to create a shoulder strap

Cut and knot side strips for a bohemian vibe

Add beads, studs, patches, badges to 'funk it up'

Cut the neckline off squarely

Use a sewing machine instead of knotting







### Why do this?

The impacts of plastic pollution on our environment and especially on our marine life are a very real concern. It is estimated that close to one billion single-use lightweight plastic shopping bags are used each year in in Queensland alone. While the majority of these bags end up in landfill, a significant number end up in the environment. When plastic shopping bags get into waterways and the ocean, animals such as sea turtles and sea birds can swallow or become entangled in them. As well as their environmental impacts, littered plastic shopping bags are unsightly, can clog up infrastructure, and are difficult and costly to clean up.

https://www.qld.gov.au/environment/pollution/management/waste/plastic-bags



Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Greative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at <u>www.creativecommons.org/</u>licenses/by-nc-sa/4.0. Adaptations need to follow brand guidelines available at <u>www.wheelofwellbeing.org/brand</u> and be signed off by SLaM. For permissions beyond the scope of this license contact <u>hello@wheelofwellbeing.org</u>.

