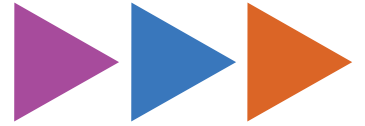


2e & Me Research Kit Instructions



Kit Contents

- Instruction Sheet
- Consent Form
- Activity Guide
- Designer Statement Cards
- White T-Shirt
- White Armband
- Fabric Markers
- Neon Fabric Paint
- Glow Pen
- Metallic Markers
- Transfer Paper
- Crystal Stickers (2E)

Kit Instructions

1. Read and complete the **consent form** with your parent or guardian before you start.
2. Check you have all the kit contents and find a quiet place to work.
3. Use the supplies you like in this kit to design your personalised t-shirt & armband following the **Activity Guide**. You do not need to use all the supplies in the kit.
4. Complete the **Designer Statement Cards** to share more about yourself, how you think and what your designs mean. If you prefer to use a computer, you can find a digital option at: <https://www.francescadare.com/research/crp/2e-and-me/>
5. Join the **2e Hall of Fame**! Ask your parent or another adult to help you take photos of your designs and statement cards (Front, Back, and Armband) and send along with your consent form to heythere@francescadare.com or load to <https://www.francescadare.com/research/crp/2e-and-me/> by _____ and your designs will join the 2e Hall of Fame.

*There are no right or wrong answers. Your completed project is yours to keep along with the craft supplies in this kit.

Note For Parent / Adult

2e & Me is an individual activity to better understand the 2e experience. Do help your child if necessary, but please ensure they complete the activity as independently as possible and without influence.

If you provide any assistance please note on the statement card how you helped (ie. reading, writing, taking photos, etc). I would also greatly appreciate any feedback you have about this 2e & Me activity. Please email me at heythere@francescadare.com with any feedback or questions.

White T-Shirt

Children's crew neck T-shirt made of cotton/Lycra rib. 40°C mashine washable, can be ironed, suitable for tumble dryer.

Textile Markers

Suitable for children aged 3 and over, adults should complete the ironing process for young children and supervise with older children. Allow to dry for 6-24hrs after application. Then iorn inside out for 5 minutes on the decorated section on the cotton setting.

Neon Fabric Paint

Suitable for children aged 3+, adults should complete the ironing process for young children and supervise with older children. Wait for paint to dry, iron on reverse to make the design permanent.

Glow Pens

Suitable for ages 6+. Use pens to add glow-in-the-dark highlights. Expose to light a source for a few minutes, turn off the lights and watch them glow. Suitable for paper, fabric & more. Allow to dry overnight.

Metallic Markers

Non-permanent when used directly on fabric, suitable for use with transfer paper.

Transfer Paper

Compatible with inkjet printers. Compatible with pigment ink and dye ink.

1. Draw or Print your design on the BLANK Side of transfer paper. Set Paper Type to Plain Paper or Photo Paper. Set Printing Quality to Photo or High Quality Photo.
2. Cut out your design and peel from the logo paper. Place UPWARDS onto appropriate position of T-shirt place your t-shirt on a SOLID surface (Don't use ironing board as it's too soft) and use your ironing tool to smooth out creases on shirt.
3. Cover with Teflon Paper (included in the pack). Note: The teflon paper is two-sided so theres no wrong side.
4. Set Iron to High Temperature (like Cotton/Jean's Setting) and TURN OFF steam. Apply FIRM, EVEN and HEAVY pressure and iron each area of the image for 5 seconds. Circularly press and iron the image for 3 minutes total paying special attention to the corners.

Tips for washing and storing fabric with transfer:

- Don't wash within 48 hours after transfer.
- Wash before wearing on cold.
- Do not tumble dry.