



DO IT YOURSELF!

2017 WALK FOR FREEDOM BANDANA

This year the “Why” behind Walk For Freedom has a name and a face. We are walking with a yellow bandana across our mouths, with the name of a survivor either printed or written over the mouth. The names and stories represent: “This is who I walk for.” On the other side of the bandana, the word “FREE” can be written which will be used at the end of the walk as an act of celebration.

INSTRUCTIONS

- 1 Begin with yellow fabric.
- 2 Lay the fabric out on a table.
- 3 Cut the fabric into squares or into strips. Make sure it is long enough to wrap around your face and tie behind your head.
If using squares:
 - Cut the squares in half on the diagonal to create a triangle.
 - Fold:
 - Lay the triangle out with the long side or base parallel to the table edge.
 - The equal length sides will be pointing away from the edge.
 - Fold the top of the triangle down to the base.
 - Hand press by smoothing and adding hand pressure.
 - Fold again, the far length to the base folded.
 - Hand press by smoothing and adding hand pressure.
- 4 On the front center of your bandana, using a fabric marker or Permanent marker, print in uppercase letters one of three names; **Amy, Ivan** or **Eve**.
- 5 Once this is dry, flip the fabric and print the word **FREE** on the other side of your bandana.
- 6 Your bandana is finished!

THINGS YOU WILL NEED:

Piece of yellow cloth
Fabric marker or permanent marker
Scissors
Ruler/measuring tape/yardstick

Want to know more about the survivors that you are walking for?
Check out Amy, Ivan, and Eve’s stories at [A21.org/whywalk](https://www.a21.org/whywalk)



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