

# WIDE KNIT HEADBAND

FREE SEWING PATTERN



[WWW.DIYRAVEN.COM](http://WWW.DIYRAVEN.COM)

# KNOW BEFORE YOU SEW:



- **YOU WILL NEED** 1/4 yard (or about 1/4 meter) of a stretchy fabric of your choice. On 60" wide fabric, this will be enough to make two headbands (or up to three in size Small).
- **THIS PATTERN COMES IN SIZES S/M/L.** It is recommended that you choose fabrics with some percentage of spandex in the material to allow stretch in both the horizontal + vertical directions. You should be fine using the S or M size, but if your fabric doesn't have a lot of stretch use size L.
- **USE A ZIG-ZAG STITCH** on your machine to finish all seams for this project. This stitch will allow you to stretch the headband as needed without busting the seams in your fabric!
- **FINISHED HEADBAND WIDTH** will be 3.5 inches (approx. 9 cm), but it can be easily folded under or scrunched to adjust the width while wearing. You may also alter the pattern dimensions for your desired fit + style.
- **THERE IS ONLY 1 PATTERN PIECE** and it has been provided for you as a print-at-home PDF on the next page. To ensure proper scale of pattern, be sure to set your printer to 'no scaling' or 100%. Measure the test square provided before proceeding.
- **A FREE TUTORIAL VIDEO** for this pattern has also been created for your convenience if you need extra help. Please visit:

*[www.youtube.com/diyraven](http://www.youtube.com/diyraven)*

LARGE (20" long headband)

MEDIUM (19" long headband)

SMALL (18" long headband)

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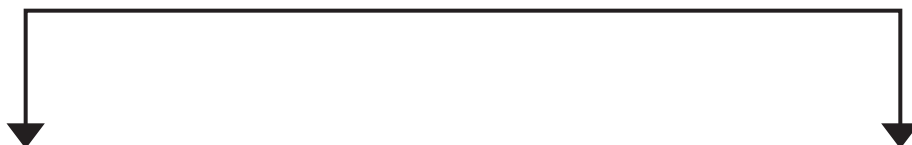
2 in x 2 in  
(5 cm x 5 cm)

Measure this square  
to ensure pattern  
is printed to scale.

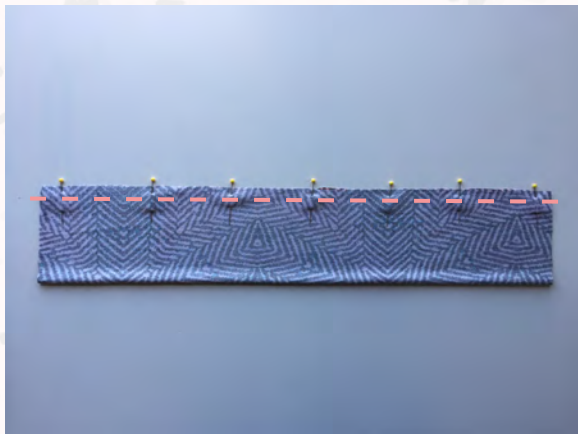
1

CUT 1X ON FOLD  
1/4" SEAM ALLOWANCE (INCLUDED)

CUT ON FOLD



# INSTRUCTIONS:



**STEP 1:** Fold fabric in half lengthwise with right sides together. Pin along top raw edge.

Zig-zag stitch along edge with a 1/4" seam allowance.



**STEP 2:** With the seam facing up, place your hand (palm side up) through the fabric tube. Once your hand reaches the other side, pinch and hold the seam flat with your thumb (underside) and index finger (top).

Pull fabric back through tube until raw edges meet. (Right sides will be together.)



**STEP 3:** Be sure to match up seams together. Pin.

# INSTRUCTIONS:



**STEP 4:** Sew around edge using a zig-zag stitch. Stop stitching approximately 1 in. (2.5cm) from where you started, leaving a gap.



**STEP 5:** Turn headband inside-out through gap. (Right side will now be facing out.)



**STEP 6:** Tuck under seam allowance at gap. Stitch gap closed by machine sewing close to edge OR by hand using the slipstitch for a cleaner finish.

*For a quick video tutorial on how to sew the slipstitch, visit:*

[www.youtube.com/diyraven](http://www.youtube.com/diyraven)

# NOTES:

