

Shibori-Inspired Fabric Dyeing: The Art of the Reveal

By [Harper Marten](#)

In this resource, Artist Educator Harper Marten explores the ancient fabric-dyeing technique of [Shibori](#) with a group of adults in a dementia care setting. Shibori is a traditional Japanese, hand-dyeing technique involving folding, twisting, stitching, or binding fabric to create resist-dyed patterns. Derived from the verb shiboru ("to squeeze or wring"), it creates lasting, intricate designs on cloth, traditionally using indigo.

This activity involves a series of gentle, tactile processes; applying pigments and dyes, and submerging materials in water. These steps make it an effective, process-led activity that offers rich sensory feedback. The striking visual transformations also create an element of surprise, motivating learners throughout. By focusing on the process rather than the final product, the activity encourages learners to engage with curiosity and confidence.

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