

How to make a face mask – 2 versions

You will need:

Cotton fabric

Elastic

Pins (and a sewing needle if sewing by hand)

Sewing Machine

Tape measure

Scissors

Begin by cutting out your fabric. Use a plate as a template:

10-11 inches for diameter an adult, 9 inches for a teenager and around 8 inches for a child

If cutting out 2 contrasting fabric you will have enough to make 2 masks

Fold each circle in half, then half again to make quarter circles and cut them into quarters (fig 1)

Place 2 quarter circles right sides facing together then repeat with contrasting fabric if using (fig 2)

Choose to either hand sew, or machine sew around the curved edges (fig 2)

Once you have sewn the 2 x quarter circle sets together, place one on top of the other, right sides facing (fig 3)



Sew around all 4 edges but leave a 2inch gap open for turning the right way out (fig 4)

Turn the right way out through the turning gap, push out the corners with a knitting needle or similar then press the whole mask paying attention to the turning gap – making it easier to sew together (fig 5)

Version 1 – elastic round the back of the head

Cut 2 strips of thin elastic approximately 15 inches long. Turn in the sharp corners of the mask by about 1/2inch. Attach the ends of the elastic at a slight slant, on both sides of the mask (fig 6)

One piece will go above the ears and one below for ease and comfort of wear (fig 7)



Version 2 – elastic round the ears.

Cut 2 pieces of elastic approximately 8 inches long. Turn the sharp corners of the mask over once, then again by about half an inch. This will leave you a channel to pass the elastic through. Sew a straight line down to secure the fold. Pass the elastic through and tie in a knot. Pull the knot through and let it settle in the channel (fig 8)

You can experiment with contrasting fabrics and elastic types and have fun designing your own styles too!