



## Packs B and C: Making a face mask from a handkerchief

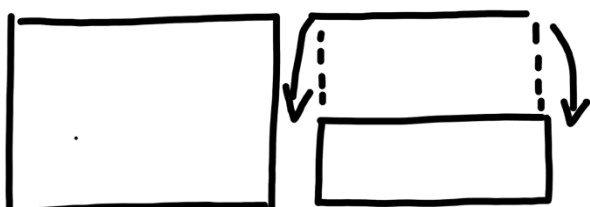
by Gail Gregory for #DementiaCraftivists

You will need:

- 1 x men's handkerchief
- 2 x elastic bands (or elastic about 7" inch long) so you can tie it to form a band

Watch my easy-to-follow video instructions on YouTube here <https://bit.ly/3jF9sHj>

Fold the handkerchief in half:



Then fold the top 2 corners into the middle



Fold bottom 2 corners into the middle



Slide the bands on to the folded handkerchief .

Fold the two ends into the middle until they just overlap. You can tuck them into one another.

You should have a face mask. Well done!

