



## Pack A: Making a face mask from a T-shirt

by Gail Gregory for #DementiaCraftivists

You will need:

An old T-shirt, PJs, or anything that is a stretchy cotton material like a T-shirt.

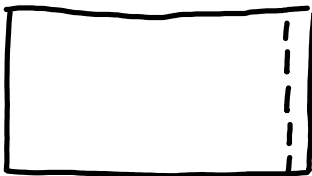
You can cut the bottom off your T-shirt and just fold, or you can make smaller by sewing.

Watch my easy-to-follow video instructions on YouTube here <https://bit.ly/2BxaGTx>

Cut a piece of the T-shirt fabric about 16" – 17" inches by 7" - 8" inches. You should now have an oblong piece of material.

Place the material wrong side out (so you can see the right side of the material).

Fold in half so you have the 2 edges together (material inside out or wrong side).



Sew with basic running stitch along the edge, leaving about a half a cm from the raw edge.

Turn right side out. Now you have the body of the mask.

For the ties or ear loops, cut 2 x strips of your stretchy material - half an inch in width, and 18 - 20 inches in length. Pull the material, which will curl.

Thread through the mask at the sides. Your mask should now be taking shape.

You can tie at the back of your head or make the loop for your ears

