

B R E A T H T A K I N G

Make a Face Mask!

Masks are a part of our everyday lives now, so we may as well have some fun with them! Here's how to create a unique and functional mask that you can make at home and reuse again and again. **PLEASE NOTE:** because this project involves bleach, it is not recommended for young children and should be done only with adult supervision.

MATERIALS NEEDED:

- ▶ An old cotton t-shirt
- ▶ Bleach (not the color-safe kind)
- ▶ String or rubber bands
- ▶ Water
- ▶ Dish washing gloves
- ▶ A spray bottle or a brush
- ▶ Eye protection such as a pair of goggles

STEP 1

Start with an old t-shirt that you are ready to retire. Choose a shirt that doesn't have holes in the stomach or back area. Torn sleeves or collars are just fine. Cut across the shirt in a line from the bottom of one sleeve to the other. This will give you a stout rectangle of fabric to work with.



STEP 2

Lay your section of t-shirt out flat and get your string or rubber bands ready. Pinch the fabric in the middle and twist. The fabric will start to form a spiral. Keep pinching and twisting until the fabric has gathered into a much smaller, but still loose spiral. Gather the fabric into a nice, tight bundle and secure it by tying your string or stretching the rubber band around the outside.



PAGE 1 OF 3

B R E A T H T A K I N G

STEP 3

Now let's prepare your bleach solution. This activity will refer to a spray bottle, but it's perfectly ok to brush on your solution. You don't want to get bleach in your eyes or on your skin, so start by putting on your eye protection and your gloves. Be sure to protect your clothes and work area so you don't accidentally bleach them. Start by mixing one-part bleach with four parts water in your spray bottle or container if you plan to use a brush. For one mask, you won't need much.

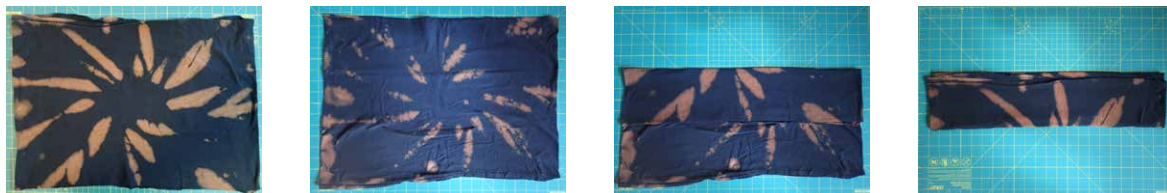
STEP 4

Place your tied-up fabric in a sink or bathtub where it will be safe to use your bleach solution. Open a window or turn on an exhaust fan to make sure you have fresh air moving into the room. Spray or brush your bleach solution onto the top of your fabric spiral. Get the top nice and wet but don't soak the bundle all the way through. Now sit back and watch what happens. The fabric will start to change color. This may take a few minutes or as long as 15 minutes depending on your exact bleach solution and the dyes in the fabric. Once the fabric has changed color enough for you, gently begin to rinse it to get out all of the bleach, being careful not to splash anywhere. Once the fabric is thoroughly rinsed, it should be laundered. If you use a washing machine, wash the fabric by itself to make sure it doesn't bleed any leftover bleach onto other clothes.



STEP 5

Now that your fabric is clean and dry, look at the pattern you created! A cool looking piece of fabric doesn't quite make a mask, though. You need a way to secure it over your face so that it covers your mouth and nose. Start by folding your fabric in thirds to form a long strip. This will give you six layers of cotton!



B R E A T H T A K I N G

METHOD 1

If your fabric is long enough, simply place the center over your nose and mouth and tie it behind your head. Easy, right?

METHOD 2

For this method you'll need elastic hair ties or something similar. After your fabric has already been folded into thirds, take each end and fold it a little past the middle of the fabric. Slide a hair tie onto each end of the fabric and slide it down to the fold. Now tuck one end of the fabric into the other. Finally, place the mask over your nose and mouth and slip the elastic over your ears. Make any adjustment needed so that your mask will comfortably fit your face.



METHOD 3

Take two pieces of string or ribbon that are about one foot long and tie a small loop in one end of each piece. Place one string on either end of the fabric with both ends of the string laying outside of the fabric. Roll each end of the fabric at least two or three times, trapping the string inside. Feed the end of each string through the loop on the other end. Then carefully tighten the loops that you have created around the fabric. Without letting the fabric unroll, lift the mask to your face and tie the loose ends of the string together behind your head. More rolls in the fabric can be added to make your mask smaller if needed.

