



# How to Hand Sew a Basic Mask

For ages 8 and up

## Need help making your mask?

Contact Kids' Place staff with questions:

(406) 453-0349, ext. 215

[rmcfadden@greatfallslibrary.org](mailto:rmcfadden@greatfallslibrary.org)

Watch the video tutorial on our **YouTube** Channel:

**GFPL Kids' Place** (available on August 22nd)

More videos demonstrating each step on page 7



Class kits and Zoom crafting sessions are available for educators and others who work with kids and teens 8 to 18 while our supplies last.



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### Basic Hand-sewn Mask Size Chart

Based on a pattern from the CDC.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

Note: These measurements assume ¼ inch seam allowance on long sides and ¾ inch side channels.

Size	Age	Fabric Dimensions (woven cotton)	Length of elastic (2 pieces)
Youth Small/Medium	5-10 years	Front: 9" x 5" Back: 7.5" x 5"	9"
Youth Large = Adult Small/Medium	Preteen, teen, and adult	Front: 10" x 6" Back: 8.5" x 6"	10"
Adult Medium/Large	Teen and adult	Front: 11"x 6" Back: 9.5" x 6"	10"
Adult Extra Large	Teen and adult	Front: 12"x 6" Back: 10.5"x 6"	12"

#### **Caution—Needles and pins are sharp!**

Wash your hands before making a mask.

#### **MASK-MAKING KIT CONTENTS**

- 4 pieces of fabric cut to size
- 2 pieces of elastic cut to size
- Thread-matching or contrast
- 1 needle and 3 sewing pins in an envelope or fabric scrap
- 4 plastic pony beads per mask (8 per 2-mask kit)
- 1 safety pin

#### **NOT INCLUDED**

- Scissors
- Ruler or measuring tape (optional)

[1] If you aren't using a kit, gather your supplies and cut out your fabric according to the size chart above

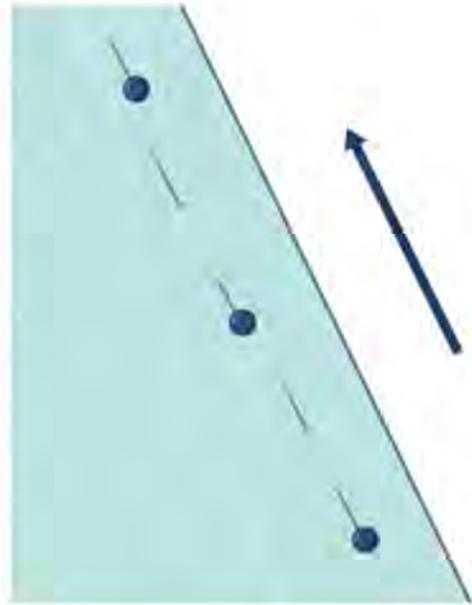
[2] Look at your fabric to figure out which side is the **right side** and which side is the **wrong side**. The right side is usually brighter and prettier than the wrong side.

**Put the two right sides together.** The wrong sides will be facing out. Make sure the shorter piece of fabric is centered on the longer one.



[3] Next, **pin along the top of your fabric**, about 1/4th inch from edge. **Pins are sharp. Ask an adult to help you.** Be sure your pins go all the way through both layers of fabric and back up again to poke out the top.

**Avoid sticking yourself while you sew!** If you are right handed, make sure the heads of your pins are on the right. If you are left handed, make sure your pin heads are on the left.



**[4] Thread your needle (*Careful! It's sharp!*)**

*This is tricky. Ask an adult to help if you need it!*

- Cut a piece of thread about as long as your arm.
- Hold the thread near the end and poke it through the needle's eye (hole).
- If your thread frays, try trimming it with your scissors to make the needle easier to thread.

**[5] Tie a knot at the end of your thread.**

Create a big knot at the end of your thread to prevent your thread from slipping through your fabric. Use any technique you like. Here is Rae's favorite:

- Pull on the ends of the thread until they are even.
- Fold both ends over so you have 4 strands of thread.
- Tie a knot using all 4 strands. Trim excess thread.

### [6] Sew using a running stitch

Start sewing at the end of the shorter piece of fabric. Pull your needle through your fabric, pull the thread all the way through, then push the needle back through the fabric to create a dashed line with your thread on both sides of your fabric.

Remove pins as you go and tuck them back in their envelope or stick them in a pin cushion or scrap of fabric.

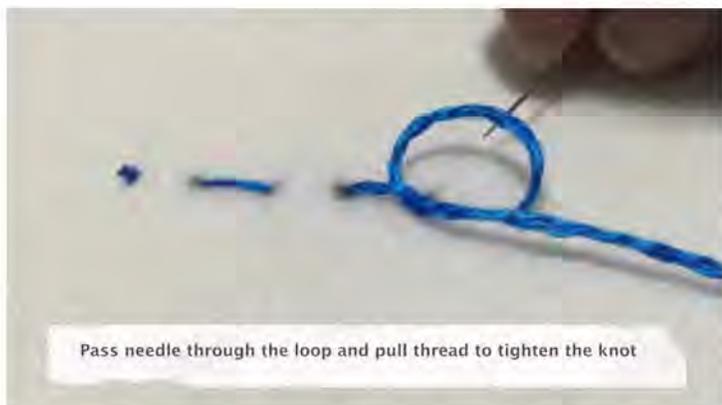


**[7] Tie off your thread** when you reach the end of the short piece of fabric or when your thread starts to get short.

**Leave yourself a long tail**

**(3 or 4 inches) to tie off!**

Slide your needle under the last stitch you sewed, pull your thread until you can see a little loop, put your needle through it, and pull tight. Repeat 2 or 3 times, then cut your thread.



**[8] Finish sewing the first long side, and then sew the second long side.**

**[9] Finally, turn your mask inside out** so that the right side of the fabric is on the outside and your stitches are hidden.

Lay it out flat with the short side up.



## [10] Pin and sew side channels

Now, we're going to sew tubes on the short sides of the mask for the elastic ear loops to go through.

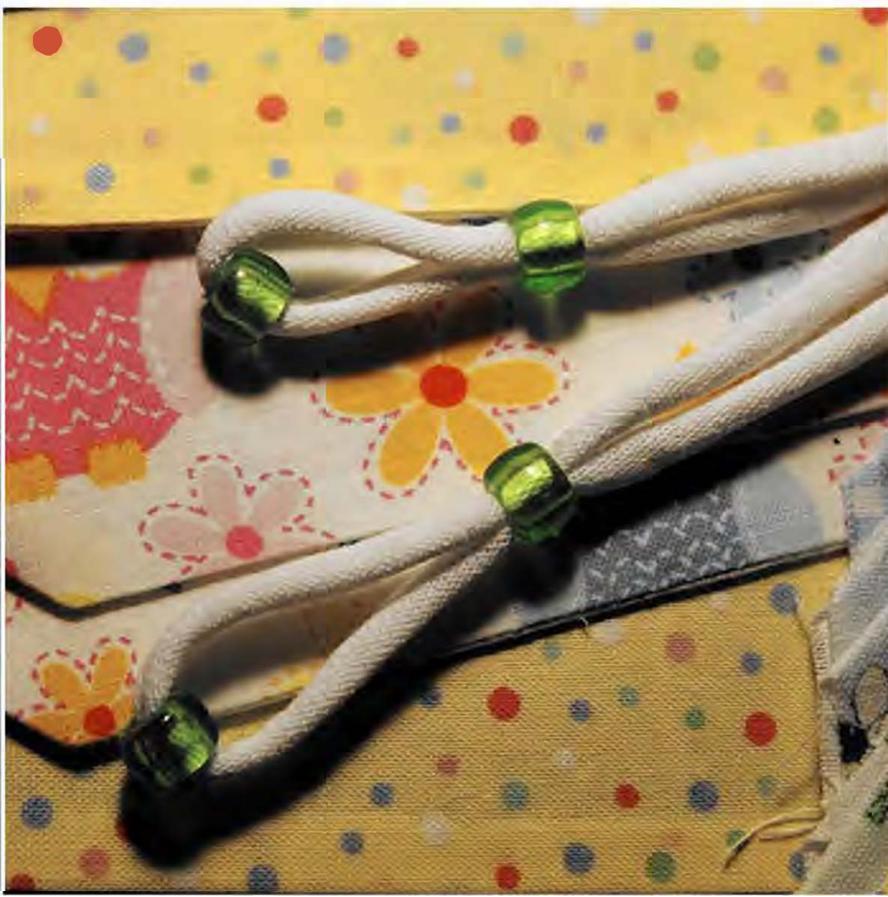
-Fold the fabric from the long side (about 3/4th inches) over the short side.

-Fold it over again (another 3/4th inches).

-Pin along the inner edge so the pins go through all the layers of fabric and hold them together.

-Sew along the inner edge, then tie knots and cut off your thread.

-Repeat for the other side.



## [11] Almost done! Time to **make the adjustable ear loops.**

-Grab 1 piece of elastic and 2 pony beads.

-Put one bead on the elastic and slide it to the middle.

-Now, grab the second bead. Slide one end of the elastic into the bead and then the other.

<— It will look like this.

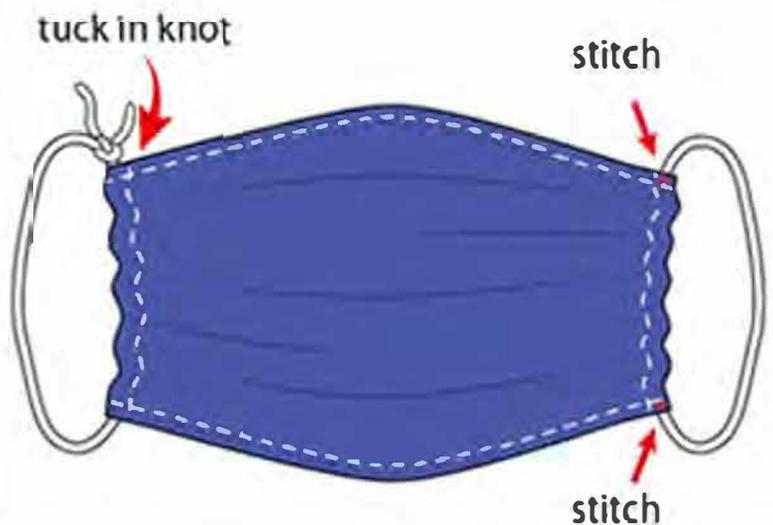


**[12] Put one of the ends of the elastic on the safety pin and shut it.**

**Slide the safety pin into one of the channels on the sides of your mask.** Guide it through with your fingers. *Ask an adult to help if you need it.*

**[13] Tie the ends of the elastic together and pull the knot tight.** Pull the elastic around in the channel so the knot is on the inside and the beads are on the outside. Repeat on the other side.

**You did it!**



**My mask didn't turn out well or it's uncomfortable. What now?**

- Gapping at the sides? Tug the elastic tighter so the sides of mask bunch up.
- Wash it before you judge it. It may fit better after washing.
- Consider your first mask a trial run! Make another one, and see how much you've learned! You could even try out your new sewing skills on a harder mask pattern like a contoured (axe-head) mask or a pleated mask. Library staff can help you find a pattern.
- Mask too big? Ask an adult to help you trim your fabric down to the next smallest size on the size chart, then re sew the short ends.
- Mask too small? Visit the Library and pick up a larger sized kit, or cut out your own fabric using the size chart on page 1.

## Helpful Videos for Each Step

[2] Determining right side and wrong side of fabric

<https://www.youtube.com/watch?v=EU3XpDhEzxo>

[3] Pinning your fabric

<https://www.youtube.com/watch?v=Az3oa6N3XPQ>

[4], [5] Threading your needle and tying a knot

[https://www.youtube.com/watch?v=xM5n\\_gmplrY](https://www.youtube.com/watch?v=xM5n_gmplrY)

[6] Sewing a running stitch

<https://www.youtube.com/watch?v=i1-B01FB56s>

[7] Tying a knot to end a row of stitching

<https://www.youtube.com/watch?v=f58wolqfz3o>

## Image Credits

Basics: 10 tips for pinning

<http://yesterdaysthimble.com/articles/basics-10-tips-for-pinning/>

Joseph Francis: Needle and Thread

<https://www.flickr.com/photos/digitalartform/3420918638>

Face Mask Sewing Pattern

<https://www.flickr.com/photos/digitalartform/3420918638>

Forrest Quilting-My Favorite Masks

<https://forestquilting.com/blog/>

Safety Pins-His and Hers Homesteading

<https://hisandhershomesteading.wordpress.com/tag/safety-pins/>



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