MASK UP!   Volume 45 Middle/High School

Time Required
2 class periods, about 1.5 hours

NASAFACS 9

16.4.1 Demonstrate professional skills in using traditional and technologically innovative equipment, tools, and supplies in textiles, fashion, and apparel construction, alteration, repair, and recycling.

16.4.4 Analyze current technology, trends, and innovations that facilitate design and production of textiles, fashion, and apparel.

Objectives

Students will...

- Learn how to follow a pattern and sew a fashionable face mask that will effectively cover student's nose and mouth
- Explore masks and head covering fashions in other cultures

Activities:

Students should research mask and mask fashions and answer these questions before beginning.

- When do people where masks throughout time?
- Why do people wear masks or face coverings?
- What fashions do we see in masks and face coverings?

Making a Mask

Choose a clamshell mask or pleated mask pattern. Print the clamshell pattern if chosen. Follow the directions for both masks.
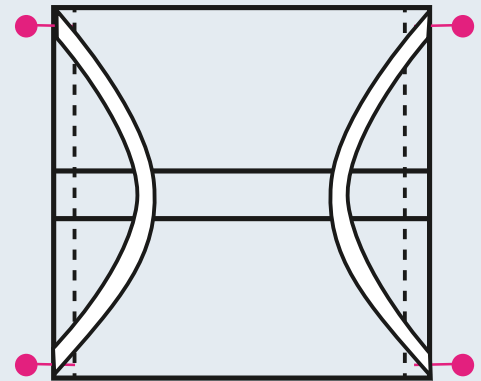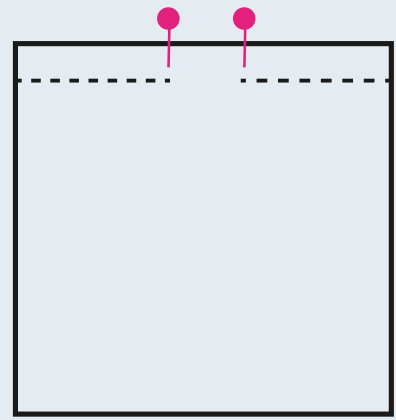
Materials

- Pleated Mask Kit **(NE40028)**
- Clamshell Mask Kit **(NE40027)**
- Sewing Machine **(WA27832)**
- Sewing Machine Needles **(W08700)**
- Thread (**WA27426)**
- Fabric Scissors **(WA32779)**
- Tape measure **(WA34800)**
- Pins **(W05440)**

Optional
- Pipe Cleaner **(9742267)**
- Iron **(WA31927)**
- Fabric Markers **(9737102)**
- Extra fabric or cotton for additional filter

Pleated Mask

1. Start with your rectangle fabric. Measure to confirm your fabric measures 16"L x 8½"W.

2. Cut two pieces of elastic to 7"L.

3. Fold the fabric in half with the right sides facing together.

4. Sew the top of the mask with a pocket opening of 3" to 4". This pocket will create an opening for a filter if desired.

5. Sew along the 8½" edge using a ⅝" seam.

6. Turn the mask so the pocket opening is centered.

7. Press the seam open, turn fabric so the seam with the pocket opening is in the middle of one side.

8. Use an iron (if available) to press the seam open fold the excess fabric under before sewing top stitch or zig-zag stitch along each side to finish the edge.

9. Pin one piece of elastic ½" from the end of the top corner and the other end ½" from the bottom corner. Then place the elastic between the two pieces of fabric so it will appear on the right side of the fabric once the mask is turned right side out. Do the same for the other piece of elastic on the other side. This will create the ear pieces when the mask is completed.

10. Sew a ⅜" seam on each side of the face mask and backstitch over the elastic to keep them in place.

11. Turn the mask right side out and push out each corner of the mask.

12. Optional: You may wish to put a 6" piece of pipe cleaner before sewing the top closed, to be used as a nosepiece.

13. Optional: After the mask is right side out, iron the mask prior to making the pleats.

14. Make your pleats the same size by folding the mask like an old-fashioned fan or in quarters, fold the sides to meet in the middle and then fold in half again. If you have an iron available, you can use it to make a crease.

15. Pin the folds down and make sure your pleats are all facing in the same direction. Sew both sides twice to secure the pleats.

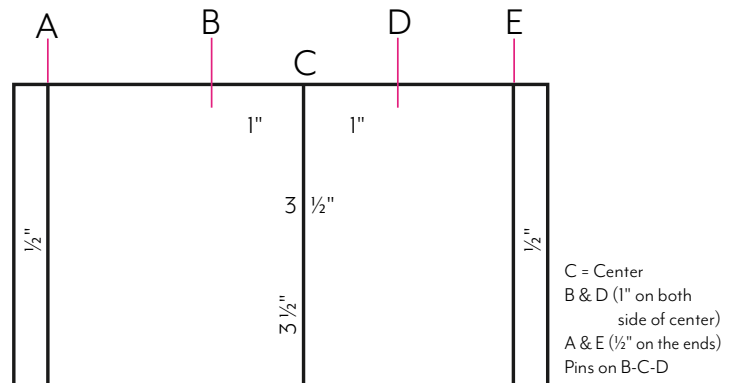16. Open the mask to fit over your nose and mouth completely.

Clamshell Pattern

1. Fold the outer layer 12" x 6" in half with the backsides facing each other, pin the pattern on to both fabric layers, and trace sewing lines.

2. Turn the material so the right sides are facing each other and sew the centerline of the face mask.

3. Clip the tip of the curve seam allowance but be careful not to cut too close to the stitching.

4. Repeat steps 1, 2, and 3 for the inner lining material (inner material is slightly smaller).

5. Turn the lining and place inside the outer material placing the right sides together and align the center seam line. Sew the top and bottom lines leaving the sides open.

6. Turn the face mask right side out, press the seam neatly and topstitch near the edge.

7. Fold in ¼" at the edge of the ear side make another fold so the first is ¼" from the edge of the lining edge. The outer fabric is longer and will create a pocket for the elastic earpiece.

8. Sew a straight line down make backstitches to lock the end of the thread make sure to leave the opening for the elastic.

9. Cut 6" to 8" of elastic (depending on the size of the face).

10. Insert the elastic through the pocket and tie a dead knot to the end repeat the same to the other side and pull the elastic band until the knot is covered by the material.

11. Put the mask on covering your nose and mouth.

Alternate Pattern

If your students need a simpler mask, an adapted pleated mask is an option.

1. Start with your rectangle of fabric, fold it in half, and cut it in two equal pieces.

2. Cut two pieces of elastic 6½"L.

3. Put the two pieces of print fabric with right sides facing together.

4. Sew along the long edge using a ⅜" seam.

5. Turn it inside out and press seams.

6. Sew a ⅜" on the shorter sides.

7. Lay your fabric out flat, find the center of your short sides, and put a pin in the fabric.

C = Center
B & D (1" on both side of center)
A & E (½" on the ends)
Pins on B-C-D

8. Bring B to A and pin.

9. Bring D to E and pin.

10. Put elastic in the ½" pockets.

11. Optional to add pipe cleaners in just one side for the nose.

12. Sew twice across both ends and watch for the pins.

SEL Power-up Reflection

Suggested questions for an SEL-focused discussion after the project.

GROUP REFLECTION:

1. Why are masks and face coverings controversial items of clothing?
2. Does the public views of masks change over time? Why?
3. How did you choose the fabric for your mask?
4. Why is personalizing items like our clothing and masks important to people?
5. How does knowing how to sew help you in your future?
6. What other skills are important to gain?

SELF-REFLECTION:

1. Did I try my best on this project?
2. What role does fashion play in my life?
3. Would I wear a mask if asked to? Why?

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Adult **L–XL**

Adult **M**

Cut with right sides together:
        2 pcs. from one fabric
        2 pcs. of another

⅜ " (1 cm) seam allowance included

Print out the template pages at 100%
without scaling or fitting the pages.

5 cm

5 cm

1"

1"

test square