

T.Shirt to Face Mask Upcycle

You Will Need

- 1 Old T.Shirt
- Pair of Scissors
- Fabric Marker/Chalk
- Needle and Thread

1. Start by choosing the area of your T-shirt you'd like to use for your mask. You will need two pieces of fabric, each approximately 30cm x 17cm, an outer and an inner layer.

2. Fold your outer fabric in half, with the right sides facing each other.

3. Mark out mask shape, as illustrated. Working with a central fold in your fabric will ensure that each side is symmetrical.

4. Cut out your mask shape, cutting through both layers together. Remembering to cut out a sliver for ear space. Check the dimensions fit your face, ear loops are long enough etc, and adjust or re cut as necessary.



5. Repeat for inner fabric.



6. With fabric still folded right sides together, sew a short line at an angle from top edge to the folded edge and another at lower edge to folded edge. Cut away excess fabric approximately 0.5cm from your stitched line. You could finish this seam with a row of blanket stitch to make it stronger, or double back along your stitched lines.

7. Repeat for inner fabric.

You could choose to stop here, placing your two layers together for a speedy mask. If you stop here you may need to trim away fabric to suit your own measurements as this guide includes enough fabric for a seamed edge.

Or:

8. Layer your two mask pieces together, with right sides facing and centre stitching aligned.





9. Sew your two pieces together along the top edge and lower edge as far as the ear opening. Simple straight or backstitch will work fine, try not to pull your stitches too tightly to allow for the stretch of the fabric.



You could choose to stop here, simply turn your mask the right way using a side opening to pass the fabric through.



Or:

10. With the mask still inside out and the right sides of fabric facing each other, continue your stitching to follow around the outer edge of the ear loop.

11. Turn right side out. You can finish the raw edges with blanket stitch, for durability. Or use a contrasting colour of thread for a decorative effect. Remember to leave open at one side to allow you to add a filter layer if you wish.



Finished mask



Some Examples of Shapes

These photographs show the amount of sewing at each stage and the different types of stitch you could use, inside and outside views. Experiment and have fun.

