EXPLAIN: The Center for Disease Control has stated that masks are key in helping control the spread of the COVID-19 virus. In fact, wearing a mask is one of the easiest and safest ways to stay well.

EXPLAIN: If you're sick, when you touch your nose or mouth, then touch something else, you spread the virus.

ASK: What happens if you have something covering your face?

EXPLAIN: It’s important for people to wear masks in places where they are around other people that don’t live with them, like grocery stores or homeless shelters. Fortunately, masks are easy to make, and we’re going to learn how to make one today!

EXPLORE

INSTRUCT: (For a video tutorial, click here.)
1. Choose whether you want a child-size or adult-size pattern.
2. Fold the t-shirt in half along the centerline.
3. Place the flat edge of the template on the crease of the fold.
4. Cut around the edge of the template, but do NOT cut along the crease.
5. Take the cut out shape and fold it in half perpendicular to the crease.
6. Cut half a heart out of the new crease, starting and ending at the crease, this is the loop for the ears. You can trace the heart half with a marker to make it easier.
7. **Unfold the creases but keep the two layers together as it is important to have multi-layered masks.**
8. Repeat steps 1-6 with the remainder of the shirt.
9. OPTIONAL: Glue the edges of the two layers together using tacky glue or fabric glue.
10. Place the finished mask(s) in a plastic grocery bag or ziplock bag if you plan on donating it to someone.

**MAKE A MASK, MAKE A DIFFERENCE**

**INTRODUCE**

**EXPLAIN**

**MATERIALS**

<table>
<thead>
<tr>
<th>LESSON TYPE(S)</th>
<th>GRADE(S)</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Social-Emotional, Arts &amp; Crafts, Service</td>
<td>K, 1st, 2nd, 3rd, 4th, 5th</td>
<td>Learn about the importance of masks and make some for your community.</td>
</tr>
<tr>
<td>Scissors, Old t-shirts, Mask pattern, Marker, Optional: Fabric/Tacky glue</td>
<td>Print out mask pattern.</td>
<td>Basic Needs, Health, Rescue</td>
</tr>
</tbody>
</table>

**LESSON TYPE(S)**

- Social-Emotional
- Arts & Crafts
- Service

**GRADE(S)**

- K
- 1st
- 2nd
- 3rd
- 4th
- 5th

**DESCRIPTION**

- Learn about the importance of masks and make some for your community.
- Basic Needs, Health, Rescue
outside of your household.

**EXPLAIN:** Unfortunately, we don’t have enough masks for people who need them. You can share the masks you make with people in your neighborhood, or have an adult drop them off to a local homeless shelter or other organization that needs masks. Your kind act will help stop the spread of COVID-19 so that we can get back to normal sooner! Congratulations! You made a mask, so you can make a difference!

**OPTIONAL:** If you are in the Louisville, Kentucky, area, you can visit globalgamechangers.org/makeamask to learn about where to pick up mask kits and drop off completed masks.

**CONNECT**

**DISCUSS:** How can we encourage others to help during this time, so we can continue to be united as a community even when we are apart due to social distancing?
NO SEW MASK

youth medium

FOLD T-SHIRT IN HALF
PLACE BOTTOM EDGE OF TEMPLATE ONCREASE OF T-SHIRT
CUT FABRIC ALONG THE ORANGE LINE

MAKE A MASK. MAKE A DIFFERENCE. ™

globalgamechangers.org/make-a-mask/

child size width
5.45 in.

Cut on the orange line
Optional: fabric glue along dotted blue line

globalgamechangers.org
NO SEW MASK
adult medium

FOLD T-SHIRT IN HALF
PLACE BOTTOM EDGE OF TEMPLATE ON CREASE OF T-SHIRT
CUT FABRIC ALONG THE ORANGE LINE

MAKE A MASK. MAKE A DIFFERENCE.™
globalgamechangers.org/make-a-mask/

Cut on the orange line
Optional: fabric glue along dotted blue line

Pattern Modified from Jennifer Maker