

# WYRKSHOP MOBILE MAKERSPACE

## Sleep Mask



ESTIMATED TIME: 45 MINUTES

### OBJECTIVES:

- Integrating personal and social identities
- Identifying personal, cultural, and linguistic assets

### LIFE SKILLS LEARNED:



LEVEL: 1

### MATERIALS NEEDED:



Assorted fabric scraps



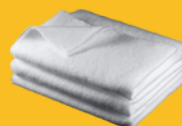
Scissors



Thread



Stretchy knit elastic



Quilt batting scrap



Pattern (any pattern you like)



Sewing machine

# ACTIVITY OUTLINE:

## STEP 1:

### Cutting

From your pattern, cut 2 pieces from fabric and 1 piece from the quilt batting.

- 2 Fabric (one front and one back)
- 1 Interfacing

## STEP 2:

Place the two wrong sides of the fabric together and pin. Sew around the edge with a 1/4 inch seam allowance, leaving a 2 inch gap unsewn.

## STEP 3:

Place the interfacing over the mask and sew into place.

## STEP 4:

Clip around the edges of the curves. Make sure to leave a gap unclipped. Turn the mask right-side out

## STEP 5:

Now take the gap and tuck in the raw edges inside the mask. You may choose to hand sew this part together so the seam is hidden or use a sewing machine and a 1/4 to 1/8 seam allowance.



## STEP 6:

Now, take the mask and press so that it lays flat. Take your elastic and sew it onto one edge of the mask.

## STEP 7:

Take the other end of the elastic and pin it into place. Make sure the elastic isn't twisted before you sew it into place.

## STEP 8:

Lastly, sew around the whole mask, to make sure it is all together.



## REFLECTION QUESTION!

- While this mask could be used for sleeping, masks are also a way for us to hide our true self.
- Think about what you are hiding behind the mask and what others see about you.