

Make a Sock Face Mask



As we learned in camp, people in the early 1900s survived a major pandemic- the Influenza Pandemic. In order to stay safer and to try and stop the disease from spreading, people wore face masks then too! Today, we are going to learn to make a face mask out of something as simple as a sock. While it is not as protective as a mask from the hospital, we can bet our characters from the past would have been making masks at home too!

- Step 1: From your camp kit, get a sock and a pair of scissors.
- Step 2: Begin by cutting off the ends of the sock. You want to cut where your toe goes, and you want to cut off where your heel goes.



- Step 3: Cut two vertical slits into the sock from the edge to the middle of the sock.



- Step 4: Roll the sock so the slits you just cut are completely facing you.



- Step 5: To complete your mask, trim the edges as needed. You can also fold a filter or paper towel and stick it inside the sock to provide extra protection for your mask.
- Step 6: Take the ends of your mask and place the straps around your ears. Adjust your mask as needed around your face to make sure it covers your nose and mouth!