

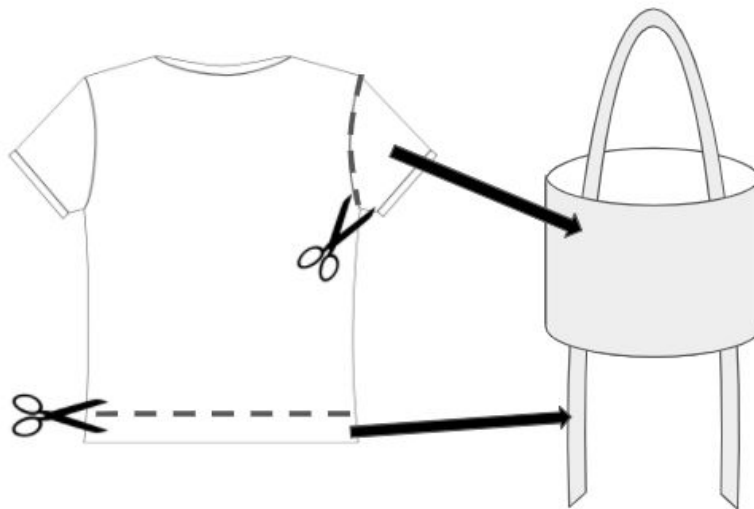
Upcycling challenge: Make a facemask from an old t-shirt

What will I need?

- An old t-shirt (make sure the sleeve is big enough to cover your nose and mouth)
- Scissors

Instructions:

- Lay the t-shirt flat on a table. Cut one sleeve off and set this loop of fabric aside.
- Cut a 1-inch strip all the way across the bottom of the t-shirt. This creates another, longer and thinner, loop of fabric. Cut through this loop so you have a long strip. This will be your mask strap.
- Lay the sleeve on the table, with the seam in the middle facing up.
- Fold your long, thin strip of fabric in half and put both loose ends through the sleeve. This leaves a loop of the strap on the other side of the sleeve.
- Put it on! Put the strap loop over the top of your head. Pull the two loose straps out and back to tighten the sides. Tie the ends behind your neck.



Get creative!

You can personalise your mask with decorations.

You could also search online for more upcycling ideas - why not make a tote bag from a t-shirt, shorts from trousers, or even a cushion cover from an old shirt?

Show us what you made

We'd love to see your creations! Take a photo and email it to getactive.uk@greenpeace.org.

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