Mask Extenders/Ear Savers

Three ways to make your facemask a little bit more comfortable!

For the headband method, you will need:

- Fabric Headband
- 2 buttons (2cm diameter)
- Needle and thread
- Sewing pins
- Scissors

Instructions:

1. Try on your headband, and mark with pins where you think the buttons should sit. This will be behind your ears where you think it will be most comfortable.

2. Using a needle and thread, sew on the buttons where you made your pin marks. Make sure to sew the buttons on the outside of the headband.
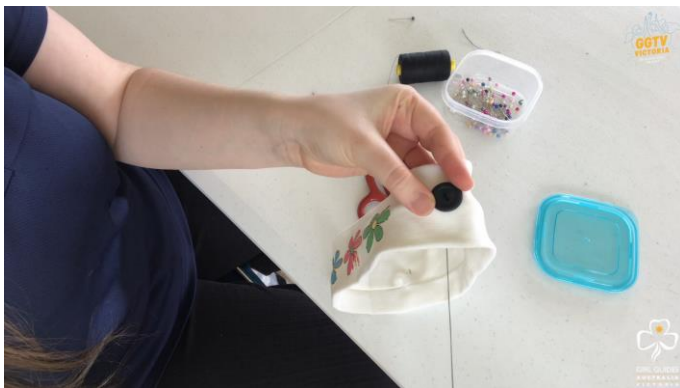
For the fabric method, you will need:

- Cotton fabric
- 2 buttons (2cm diameter)
- Needle and thread
- Scissors
- Ruler/tape measure

Instructions:

1. Measure out a rectangle that is 16cm by 10cm, and cut it out of your fabric.

2. Fold the fabric in half, right sides (the side of the fabric you want on the outside) together, to create a long rectangle. Pin around the sides ready to sew.

3. Using a 1cm seam allowance, sew along the sides, leaving a 5cm opening in the middle for turning the right way out.

4. Clip the corners to reduce bulk.

5. Turn the fabric right side out.

6. Press with an iron.

7. Top stitch along the edge, stitching the opening closed.

8. Using a needle and thread, sew a button onto each end, approximately 1cm from the edge.

For the knitted method, you will need:

You will need:

- Wool (8ply works well)
- 2 buttons (2cm diameter)
- Knitting needles (size 8)
- Scissors
- Needle and thread (to sew buttons)
- Yarn needle (sew tails in)

Instructions:

1. Cast on 7 stitches and knit in garter stitch (every row is a knit stitch) until it measures approximately 8-10cm (you can make it shorter or longer). Cast off.

2. Position your buttons on either end, making sure they are close to each edge, but not hanging off.
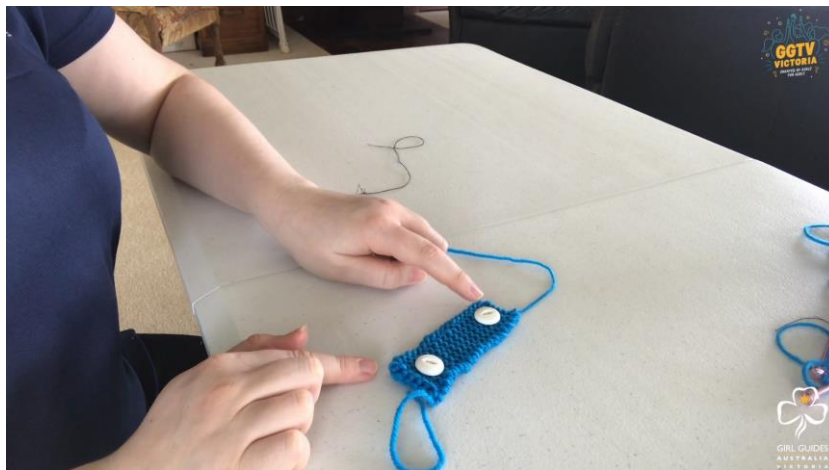
3. Sew the buttons down either using a needle and thread, or the tails of your wool.

4. If you didn't use the tails to sew the buttons on, use a yarn needle to weave them into the edges of your work.