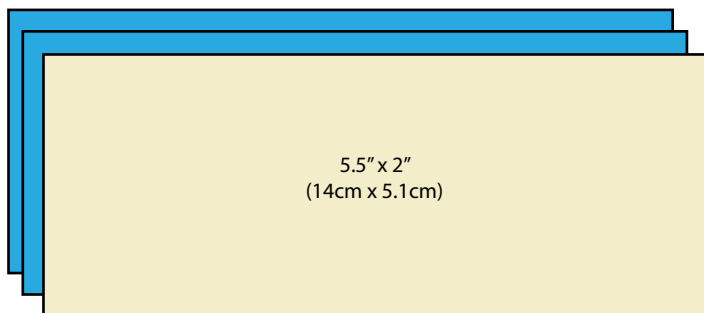
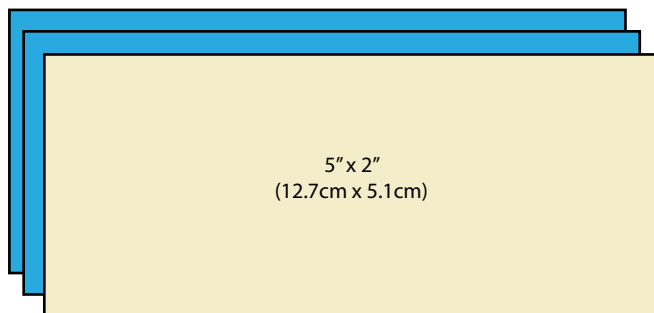




Cut 2 from fabric, 1 from batting:

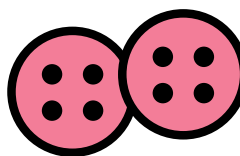


Adult Size



Child Size

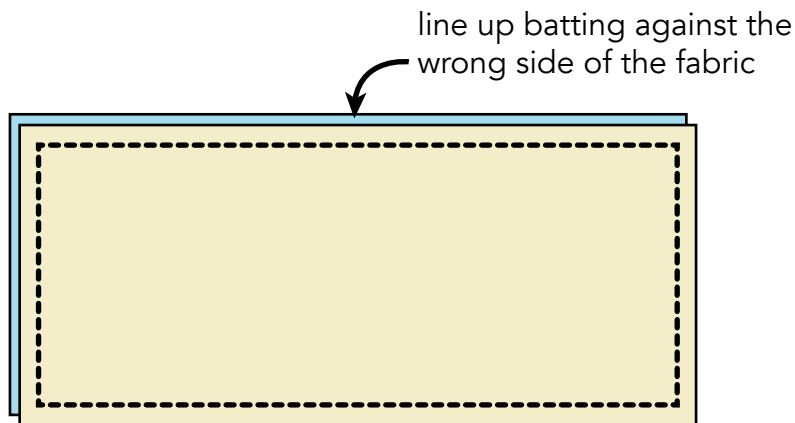
**You will also need
2 medium-sized buttons:**



If you're sewing your own face masks using elastic hoops, this simple ear guard will alleviate the pressure they put on your ears by allowing you to hoop them behind your head instead. Two buttons and a few pieces of scrap fabric and batting is all you need to make one!

Instruction:

1. Place the batting and a fabric piece together, with the batting piece against the wrong side of the fabric. Sew together all the way around on a quarter inch seam allowance.



2. Sew 2 straight lines of quilting to further secure the pieces together.





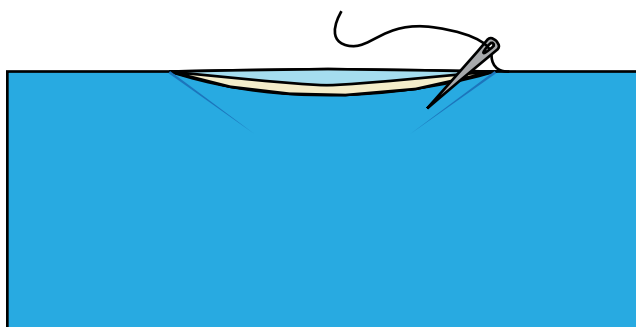
3. Lay the stitched piece together with the other fabric piece, right sides together, and sew on a quarter inch seam allowance, leaving a 2" (5.1cm) gap to turn. Backstitch at the beginning and end.



4. Trim away the extra fabric, being careful not to cut into the stitching.



5. Turn the piece inside out and hand stitch the gap closed.



6. Hand sew a button on either end of the rectangle.

