

# Element 9: Send Face Masks to Prevent Covid-19

Handicrafts and Empathy	Face Masks to Prevent Covid-19
<p><b>Grade Level:</b> Middle and high school</p> <p><b>Time:</b> 30 minutes a day</p> <p>(Extra 30 minutes rehearsal time if you form a choir)</p> <p><b>Resources:</b>            Fabric            Elastic            Scissors            Needles            Thread</p>	<p><b>Teachers or Self-Guided Learners</b></p> <ul style="list-style-type: none"> <li>• Cut fabric to the size of the faces intended.</li> <li>• Make an inside panel of the same size and fold hems together, leaving holes for elastic bands.</li> <li>• Fold down pleats on front and sides to allow for shape of nose and cheeks.</li> <li>• Measure elastic bands to comfortably but not too loosely fit over ears. Cut the lengths.</li> <li>• Tuck bands inside hems and stitch them on both sides.</li> <li>• Empathize with those who come into most contact with others and offer the masks. Send the masks to health care workers and food workers.</li> <li>• Since they protect others from your own droplets, make an extra mask for yourself.</li> <li>• <b>If desired, follow up by forming a choral get-well project.</b></li> </ul>

The pandemic has brought people together in close quarters who must serve the public. Empathize with their desire to serve without infecting others.

Set aside time each day to make protective masks for health care workers in your area. (See example below.) Send the masks to your local clinic or hospital if they have run out of masks, or to a place where food care or factory workers must mingle with one another.





## **Sending Choral Get-Well Cards**

Students from four schools in Liberia also gathered to form a choir to send messages of empathy to a distant country to experience a high volume of coronavirus cases. Their empathy increased, having seen the past impact of Ebola. You too can send messages of empathy to neighbors by singing from your doorstep, to caregivers and patients by singing outside a clinic, or to distant learning partners by singing online.

