



Healthy Kids MONTH

Face Mask Tie Dye

Face masks are a great way to help prevent you and others from spreading and catching germs. Since right now it's very important to wear a mask while out in the community, why not make a mask in your own personal style? Today we'll try the technique of tie dye to create beautiful, colorful face mask designs!

1



Gather materials:

- Plastic Squeeze Bottles
- Acrylic Paint
- Smocks
- Containers (to catch paint)
- White Cotton Masks
- Rubber Bands
- Measuring Spoons / Cups
- Syringe (if using small bottles)
- Fabric Textile Medium / Acrylic Medium (optional)

2



Begin by adding water, acrylic paint and fabric medium to each bottle, you should have one bottle for each color. The ratio is 3-parts water, 1-part paint and 1/2-part medium, but you can experiment with your own ratios. We used 3 tablespoons of water, 1 tablespoon of paint and 1/2 tablespoon of medium. Start with water first.

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Then add $\frac{1}{2}$ tablespoon of fabric textile medium into each bottle. The textile medium is optional, but it helps to soften up the paint so that your mask is not as stiff when it is dry.

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Then add 1 tablespoon of paint into each bottle. Use a syringe if the paint bottles you are using are small bottles.

NOTE:

Remember to clean the syringe completely after each change of color.

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Once each bottle is filled with all three ingredients, shake up the bottles to mix them together. Place your finger on the top of each bottle to seal the top hole and shake it for 20 seconds.

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Set the paint aside and take out the cotton masks and rubber bands. The way you tie the rubber bands around the mask will determine the design of your mask. To make a spiral design you can use one hand to pinch the center of the mask, then grab the surrounding material with your other hand and wrap it around the pinched center.



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Hold the material in place and use a rubber band to secure the fabric where your hand is holding it. Ask an adult for help if you need an extra hand.

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Continue to tie each mask differently. To create another design you can fold your mask like a fan or scrunch it up horizontally, and then tie rubber bands across it. Get creative with your designs and have fun!

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Place the masks in a large container, and begin squeezing the paint bottles into your masks, one color at a time. Make sure you hold the tips of the bottles right into the fabric, so the color goes into the fabric instead of everywhere else.

PRO-TIP:

Stick to two or three colors for the best results. Try not to put yellow/purple, blue/orange, or red/green next to each other or they may mix to make brown.



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Make sure you get plenty of paint in each area, but don't use too much because it will blend into the other colors. Leave a small space between each color to allow the paint to bleed a little.



When you are done and the masks are all dyed, put them on plastic trays or tablecloths to let them soak in and set the colors. Allow them to be partially dry before opening. Then open to reveal your awesome designs!

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Allow them to dry completely after opening them. Then, throw them in the dryer to heat set the colors. After that, you can wash the items just as you would your regular clothes. Once washed, your masks are ready to be worn!