

# Pleated Face Mask

## PDF Sewing Pattern with

### SVG Pleat Board and Fabric Template:

#### SIZE DETAILS:

This mask pattern comes in 3 sizes. Small is recommended for children over 3, Medium for teens and adults with small to medium heads, and Large for adults with larger heads. The approximate sizes of each mask once assembled are:

Small Mask: 3" × 5.75" | Medium Mask: 3.5" × 6.75" | Large Mask: 4" × 7.75"

#### MATERIALS:

- **Fabric**
- **Heavyweight cardstock**
- **Elastic, double-fold bias tape, or sturdy ribbon**
- **Pipe cleaner or other flexible wire (optional)**

Use tightly woven cotton, such as quilting fabric or cotton sheets. For each mask, you will need 3 pieces of fabric, 1 for the front and 2 for the back. It is recommended that the front and back be made from contrasting fabric. Cut each of the 3 fabric pieces using the appropriate SVG file and your cutting machine. The cut size of each piece of fabric is indicated below for each mask size:

**FRONT:** Small: 7 inch square | Medium: 8 inch square | Large: 9 inch square

**BACK × 2:** Small: 5 × 7 inches | Medium: 5.5 × 8 inches | Large: 6 × 9 inches

For each mask, you will also need only *ONE* of the following to secure it:

- **Elastic:** Narrow flat elastic works best  
You will need 2 pieces that are at least 16 inches each
- **Double-fold bias tape:** Between ¼ and ¾ inches wide  
You will need 2 pieces that are each long enough to tie around your head (Minimum 4 feet each.)
- **Sturdy ribbon:** Between ¼ and ¾ inches wide  
You will need 2 pieces that are each long enough to tie around your head (Minimum 4 feet each.)

You will also need a sturdy piece of heavyweight cardstock to create a pleat board. Your pleat board can be reused to make multiple masks. You will need an 8½ × 11 inch sheet of cardstock for the Small and Medium, and a 12 × 12 inch for the large.

Optional: If you wish to be able to mold the mask to the shape of your nose, you will need a pipe cleaner or wire that can be easily bent into shape.

## SEWING AND ASSEMBLY INSTRUCTIONS:

1. Use the SVG files for the front and back for your size to cut your fabric. For each mask, you will have one piece of fabric for the front, and two pieces of fabric for the back.
2. With your front fabric, sew around the outside with a ½ inch seam allowance, creating a stitched square in the middle.
3. Using a piece of heavyweight cardstock, cut out the pleat board for your size. There will be a cut indicating the top with a “T” and a cut mark with an S, M, or L to indicate the size for the pleat board. Your pleat board will be the same size as your cut piece of fabric for the front.
4. Fold the pleat board along the dashed lines with pleats facing down.
5. Place your front piece of fabric on the pleat board, with the pretty side up. Align your top raw edge of cut fabric with the top of the pleat board, and the bottom raw edge of fabric with the bottom of the pleat board. Use binder clips or paper clips to hold the top and bottom in place. Use the pleat board as a guide for pleating the fabric. A ruler may be helpful for pushing the fabric into the pleats. After creating your pleats, the space between the top and bottom stitches of your mask should measure as follows for each mask size:

Small: 3 inches tall | Medium: 3.5 inches tall | Large: 4 inches tall

If your pleats do not match the measurement indicated above, gently adjust your pleats to get the right size. Carefully iron the fabric to mark your pleat folds, remove the fabric from the pleat board, then pin the fabric and continue ironing to set your pleats.

6. Stitch on the left and right side of the front piece with a ½ inch seam allowance to stitch your pleats in place. Remove pins.
7. Fold each of your two back fabric pieces in half lengthwise. After folding, your two back pieces should each match the measurements below. If they do, iron your back pieces to set the crease.

Small: 2.5 × 7 inches | Medium: 2.75 × 8 inches | Large: 3 × 9 inches

8. With your front mask piece facing pretty side up, place one of your back pieces of fabric on top. Align the raw edge of your back piece with the top raw edge of the mask front. The folded edge of the back piece should be in the middle area. Use pins to hold the fabric in place until it is stitched down.
9. Place your other back piece of fabric at the bottom of the design, with the raw edge aligned to the bottom raw edge of the mask front. (Your two back pieces will overlap in the middle by about an inch.) Use pins to hold the fabric in place until it is stitched down.
10. At the left and right, stitch with a ½ inch seam allowance.
11. Leave a 1 inch gap at both the left and right of the side stitches, and sew the top and bottom with a ½ inch seam allowance. Use the PDF Face Mask Pattern for the size you are making for reference. Remove pins after stitching.
12. Using the pocket opening on the back, turn your mask right side out.

13. Iron the mask. Then follow the instructions that apply to the method you wish to use to secure your mask. There are also optional instructions for a moldable nose piece.
14. **IF USING ELASTIC:** Take 2 pieces of elastic that are at least 16 inches long each and put them inside of your mask using the pocket opening in back.

Pull the cut ends of one piece of elastic through the openings at the top and bottom of the left side of your mask. Do the same with the second piece of elastic on the right side.

Fit the mask to your face by tying the loose ends of the elastic in a knot on each side. Once you have a good fit, take off the mask and move the knot for each elastic to the inside of the mask.

Pin the elastic that is inside of the mask to far left and right of the interior of the mask. Stitch mask at the left and right sides with a ½ inch seam allowance to form a casing for the elastic. Remove pins.

Top stitch the top and bottom of the mask all the way across if you do not wish to be able to adjust the elastic in the future. If you wish to keep the elastic adjustable, only top stitch between the two casing stitches at the top and bottom, but do not top stitch over the casing openings. ***If you will be adding a nose piece, complete Step 16 before top stitching the top and bottom.***

15. **IF USING RIBBON (option 1):** Cut two pieces of sturdy ribbon to a length long enough to tie around your head. Put the ribbon inside of your mask using the pocket opening in back. Pull the ends of one ribbon through the openings at the top and bottom of the left side of your mask. Do the same with the second piece of ribbon on the right side. Center the ribbon so that there are equal lengths on each end. Top stitch the top and bottom of the mask. ***If you will be adding a nose piece, complete Step 16 before top stitching the top and bottom.***

16. **[OPTIONAL] Moldable Nose Piece:** The moldable nose piece should be added *AFTER* elastic and ribbon option 1, but *BEFORE* bias tape or ribbon option 2.

Insert a pipe cleaner or other flexible wire inside of the mask pocket and place it at the very top. You may wish to fold the ends of the wire to keep them from poking through. Top stitch at the top of the mask with a ¼ to ½ inch seam allowance to keep the wire in place.

If you used elastic or ribbon option 1, you may now top stitch the bottom but will not need to top stitch the top as that step was taken care of when you stitched in the wire. Do not top stitch the bottom if you are using bias tape or ribbon option 2.

17. **IF USING DOUBLE FOLD BIAS TAPE:** Cut two pieces of bias tape to a length long enough to tie around your head. Sandwich the top of your mask between the bias tape in the middle. Pin the mask in place. Tuck in the raw ends of the bias tape. Starting at one end of the bias tape, sew the bias tape closed all the way around the 3 open sides with a 1/8 inch seam allowance. Make sure that as you are sewing, that the mask is also being sewn securely in place. Repeat for the bottom. Remove pins.
18. **IF USING RIBBON (option 2):** Cut two pieces of sturdy ribbon to a length long enough to tie around your head. Center the ribbon over the top of the mask front, with the ribbon on top. Pin the ribbon in place. Sew the ribbon onto the top of the mask at the top and bottom of the ribbon. Repeat for the bottom ribbon. Remove pins.
19. If you wish to add additional filtration, you can use the pocket to add additional layers.