

Relaxation Masks



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Learning Objectives

- 1.** To improve fine motor skills – Practice precision while cutting fabric, filling masks with herbs, and sewing/tying edges.
- 2.** To explore sensory stimulation – Discover how different herbs (lavender, chamomile) promote relaxation through aromatherapy.
- 3.** To learn basic sewing/assembly techniques – Master simple stitches or no-sew alternatives (fabric glue, etc.).
- 4.** Promote sustainability – by repurposing old fabrics into functional items, reducing household waste.
- 5.** Foster social connection – by sharing personal scent preferences and sewing tips in group discussions during activity.
- 6.** Apply self-care practices – Use their handmade mask for stress relief, connecting craft skills to daily wellness.



Duration

Total duration of the activity is designed for 2-3 hours creative experience including filling and decorating time, to ensure everyone can comfortably complete their relaxation masks.

Group Size

This activity works the best with group of 6-10 participants – small enough for personalized guidance with the herbs and fabrics, and large enough to have interesting conversations during the activity.

Materials Needed

- Firm paper, cardboard for the mask pattern
- Fabric (cotton or recycled cloth)
- Aromatic herbs/seeds (lavender, chamomile, flaxseed)
- Scissors
- Needle & thread (or fabric glue/no-sew adhesive)
- Measuring tape/ruler
- Funnel (for filling herbs)
- Ribbon/elastic bands (for mask ties)
- Pins (to hold fabric in place)
- Essential oils (optional, for extra scent)



Step-by-step Description

- 1. Prepare Materials .** Provide the needed materials. Choose fabric: Use soft, breathable materials like cotton, linen (old shirts/pillowcases).

Pre-measure fabric rectangles of fabric (cotton or recycled cloth)

Set up herb stations with bowls of lavender, chamomile, flaxseed, etc.

2. Create the pattern. Draw the shape of a sleep mask on the paper. Make sure it has a comfortable shape. Cut out the pattern.

3. Cut Fabric. Fold fabric in half (right sides together). Cut the fabric. Fold the recycled fabric in half. Place the pattern on the folded fabric and trace the shape with the pencil or fabric chalk. Cut out two pieces of fabric following the trace. Cut into desired mask shape (oval for eyes, rectangle for forehead).

Optional: Use templates for consistent sizing.

4. Sew/Assemble. Sew the pieces. Place the two pieces of fabric on top of each other, with the right sides facing each other. Sew around the edge, leaving a small opening for filling. No-sew method: Apply fabric glue/iron-on tape to edges (leave gap).

5.Fill the mask with herbs. Turn the fabric right side out. Fill the mask with seeds or aromatic herbs. Sew the opening closed.



6. Close the mask. Add the elastic band (optional). If you want the mask to stay on your head, sew an elastic band to the ends of the mask.

7. Personalize. Add drops of essential oil (optional) and decorate the mask

TO BETTER UNDERSTAND THE WRITTEN EXPLANATION, WATCH THE VIDEO. [CLICK HERE.](#)

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Learning Outcomes

1. Improve fine motor skills by successfully measuring, cutting and assembling their fabric relaxation masks
2. Identify which aromatic herbs promote relaxation and explain how to use their mask for relaxation
3. Increase creativity by personalizing their mask with fabric choices and herb combinations
4. Apply basic sewing/assembling skills by completing their mask using their chosen assembly option
5. Share knowledge with other participants by discussing their preferred scents and relaxation experiences. Participants will use their finished mask as a practical tool for self-care and stress reduction
6. Repurpose materials creatively by transforming old fabrics into functional sleep aids.

Tips and Adaptations

Provide pre-cut fabric templates/pieces in different shapes

Use pre-cut fabric and large-eye needles.

No-sew options – Use fabric glue

Provide high-contrast fabrics

Use scent differentiation (e.g., mint vs. lavender) for herb selection.

Pair participants for teamwork (one cuts, one fills).

Use scissors with ergonomic handles and supervise cutting to prevent slips. Ensure the work area is well-lit and free of trip hazards from materials or cords.

When using herbs or essential oils, check for allergies beforehand and provide adequate ventilation to avoid respiratory irritation. If using needles, offer blunt-tip or large-eye versions to make threading easier and prevent accidental pitches.

Alternative Herbs/Fillers:

- Rice (plain or scented with essential oils)
- Dried corn kernels
- Flax seeds
- Cherry pits (for cooling effect)
- Dry oatmeal
- Cotton balls infused with essential oils



Ideas for Inspiration

1. https://www.youtube.com/shorts/2CtYS_Jb988
2. <https://www.youtube.com/shorts/N0iE7yho-3M>
3. https://www.youtube.com/watch?v=5v5_sQDrROQ
4. <https://www.youtube.com/watch?v=daMHXtDcq-g>
5. <https://www.youtube.com/watch?v=iOZ3WIIuBLc>
6. <https://www.youtube.com/watch?v=dqixxc4JcSA>

3.

