

Make your own Cataract Mask!

Equipment Needed

1. Scissors
2. A roll of clear contact paper
3. Single hole punch
4. Hat elastic



The Fred Hollows
Foundation

www.hollows.org.au

Instructions

1. Photocopy mask onto a piece of cardboard
2. Cut out the mask shape
3. Cover the eye holes with at least two layers of clear contact
4. Fold along dotted line
5. Punch two small holes at outer edges and insert elastic
6. Colour in or decorate accordingly

