1. **CUT 2 FABRIC SQUARES** (one light, one dark)
2. **CUT 2 LENGTHS OF ELASTIC** (one green, one orange) **AND THREAD BEADS**
3. **STITCH ALONG BOTTOM SEAM OF LAYERED FABRIC**
4. **ATTACH ELASTIC TIES AND SEW SIDES**
   Align elastic to seam along bottom, between the two sheets of fabric, then sew along the side seams
5. **TURN INSIDE OUT**
6. **STITCH ELASTIC TIES 20mm FROM THE TOP**
7. **ADD NOSE BRIDGE**
   20mm from top edge. Fold over 5mm, then another 15mm to form a double-fold hem
8. **SEW ALONG DOUBLE HEM, THEN SEW IN NOSE BRIDGE**
9. **FOLD IN PLEATS**
10. **SEW PLEATS**
11. **WEAR AND SHARE!**

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