

# How to make your own Swoosh and Glide mask

The masks are provided in colour or B&W colouring-in templates. Let the children choose their favourite.

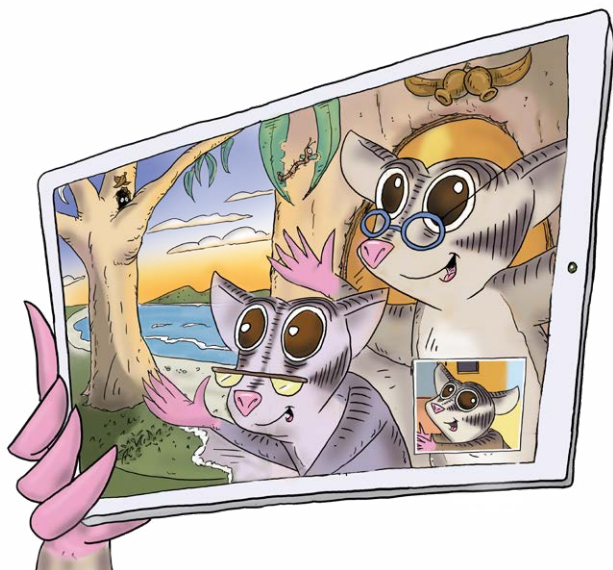
1. Print the masks using the following settings:

- print one-sided
- paper size: A4
- portrait orientation
- fit to page

2. Colour in the mask if using the B&W version

3. Cut out the mask, including the eyes

4. Tape the finished mask to a ruler.



# Glide mask



# Swoosh mask



# Colour in mask

