

Fashion Friends

ADULT LED

ABOUT

We should think of our **clothes** as our **friends**. They are there when we need **support** and **comfort**.

They **create joy**, **hold memories** and **develop** our **identity**. They **travel** with **us** on our **bodies**, helping us **experience** the **world**. But our **clothing** also **experiences** the **world too**.

Let's **imagine** that our **clothes** are our **friends** and a **world** where our **clothes** come to **life**!



PREP TIME

10 mins

COOKING TIME

30+ mins per activity

SERVES

1+ people (Activity 1) | 2+ people (Activity 2)

INGREDIENTS

- A (favourite) item of clothing from your wardrobe.
- Paper/notepad
- Drawing tools - pens, pencils, crayons etc.
- *Activity 2 Only:* Additional clothing/shoes/accessories.

Designed Resources

You can use these resources digitally or printed:

- Fashion Friends Reflect, Explore & Draw Activity Sheet
- Fashion Friends Story Building Activity Sheet
- **EXTRA:** Repair and Care Resources

Fashion Friends

LET'S EXPLORE OUR (FASHION) FRIENDS!

There are **two activity sheets** in this recipe.

You can complete the activity sheets either **digitally/online, printed** on paper or view them online & write your answers & create your drawing on your own paper or notepad.

ACTIVITY 1 – REFLECT, EXPLORE & DRAW

Exploring Our (Fashion) Friends

1. **Introduce** the recipe. See the '**About**' section.
2. **Choose** one of your favourite items of **clothing**. We will be exploring how this item of clothing is like your friend.
3. Place the clothing item **physically** in front of you.
4. Complete the **Fashion Friends Reflect, Draw and Explore Activity Sheet**.

ACTIVITY 2 - THE THEATRE OF YOUR CLOTHES

Acting as our (Fashion) Friends!

In Activity 1, you explored who your **Fashion Friend** might be if they were a **person** or **character**.

You will now **create stories and performances**, exploring what it might be like to actually be your fashion friend!

You will need **at least 2 players** to create this performance (but you can have many more too!)

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ACTIVITY 2 - THE THEATRE OF YOUR CLOTHES

Acting as our (Fashion) Friends!

1. Complete the **Story Building Activity Sheet** to further develop your fashion friend character and the story you will be acting out.

Each player will **perform a different role** as their Fashion Friend character in your story/performance.

All players need to **complete a sheet**. However, complete the activity sheets together as a group to build your story.


2. Each player will be **acting** as their **Fashion Friend character**.

You will each need to **dress-up** as your Fashion Friend.

Wear your fashion friend (the chosen clothing item you explored to create this character).

Find and **dress-up** in other clothing that you think your Fashion Friend Character would wear.

Create and dress-up in an entire outfit!



Optional:
Play music while dressing up!

3. Once you have each completed the **Story Building Activity Sheet** and you have dressed up in and as your Fashion Friend Character, your task is to **perform your story!**

You can **practice** as many times as you like.

You can **perform** by yourselves or ask friends and family to watch your performance!

Fashion Friends

REPAIR & CARE RESOURCE

Looking after our Fashion Friends

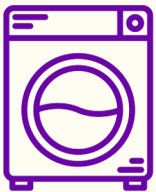
How do you treat your friends? You probably treat them with **kindness**, **care** for them and have **fun** with them!

But how do you treat your clothes? Looking after our clothing is a **careful**, **compassionate** and **mindful** act.

You **treat** your **friends** with **kindness**. We need to do the **same** with our **clothes**, aka, our Fashion Friends.

Your clothes probably have stains, holes, rips and tears on them. That is perfectly normal! Your **clothing is meant to be and should be worn over and over again**. The longer you wear and keep your clothing the better!

However, it is important we **repair (fix)** any issues so we can keep wearing and loving our clothing for longer. We can:



Wash our clothes, only when they need it.



Clean & remove stains.



Repair & mend holes or tears.

If you see a stain, hole, rip, tear or any other issues, fix these issues with your young people.

Use the **‘Fixing Fashion’ website + ‘Fixing Fashion Academy’**.
<https://fixing.fashion/>

They have lots of **fun** and **creative activities** to **customise** your **clothing** too!

You and your young person can learn together how to best care, repair and upgrade your clothing.

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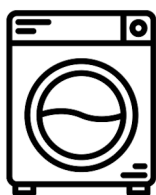
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