

Muinín Catalyst STEAM Education for Sustainable Development and Futures Literacy

SDG8 The Future of Fashion



Programme Phase 2: Experimentation and Exploration

Micro-Module 4: Fashion Design Skills

SUBJECT AREAS: Art, Climate Action and Sustainable Development, Design, English, Enterprise, Maths, Science

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



10 REDUCED
INEQUALITIES



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



17 PARTNERSHIPS
FOR THE GOALS



sfi Discover
Science Foundation Ireland



An Roinn Oideachais
Department of Education

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Micro-Module (MM) 4: Fashion Design Skills

Phase 2: Experimentation and Exploration

**Subject: Art, Climate
Action and Sustainable
Development, Design,
English, Enterprise, Maths,
Science**

Micro-module Summary: Fashion Design Skills

This micro-module explores the bigger picture that 21c Fashion is and needs to address. We are witnessing, in Ireland and globally, events occurring in our own environments relating to Climate change such as floods, fires and pollution that affect all species and habitats.

How can we expand the lens of personal responsibility to look at how the fashion industry is one of the main instigators of this. How can we support companies that are working towards circularity through empathic and considered design methods in their design processes.

Through this module Learners will consider design methodologies and fashion case studies to begin considering the bigger picture.

In this Module, the learner will:

- develop skills of planning, researching and producing fashion designs and simple projects
- continue to develop awareness of the basics of ethical sustainable fashion
- develop an understanding of considerate, empathic and circular design
- build transferable skills and capacity that will support learners to share their ideas and using considerate design and circular design principles
- be introduced to tools and methods for simple resourceful fashion production

Materials

- Lesson plans
- Accompanying resources
- Optional assessments
- Skill support resources
- Internet Access required

9 INDUSTRY, INNOVATION
AND INFRASTRUCTURE



10 REDUCED
INEQUALITIES



12 RESPONSIBLE
CONSUMPTION
AND PRODUCTION



17 PARTNERSHIPS
FOR THE GOALS



SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Lesson 1 My Fashion: The Big Picture

This lesson begins to explore the bigger picture that 21c Fashion is and needs to address. Learners will consider design methodologies and fashion case studies to begin considering the bigger picture.

Resources: Worksheet 'Design Methodologies' Case Studies'

Lesson 2 My Clothing Through My Story

In this lesson, learners will consider clothing is the interface between us and the world we inhabit. This lesson enables learners to consider their clothes as companions in their life journeys and their role in our life story.

Resources: Worksheet 'My Clothing Through My Story'

Lesson 3 Skills for Maintaining, Mending and Customizing my Garments

In this lesson, learners will explore simple methods and techniques for customising garments, extending the life of the garments outside the fast fashion paradigm, using care, mending, maintaining and customisation.

Resources: Teacher's Notes: listing materials and instructional videos for Activity 2 .

Lesson 4 Field Trip to a Local Charity Shop

In this lesson, learners will develop the skills to purchase with potential. The act of buying a preloved garment is a small act of huge agency. Learners will gain insights and develop the skills which enable imaginative responses to purchasing and customising a garment places the garment in a position of potential.

Resources: Worksheet: Fabric Identification Guidelines: Charity Shop Field Trip

Lesson 5 Make Your Mark!

In this lesson learners will begin a creative sustainable fashion project, with all the skills in place to imagine and create their own regenerated clothing and there are no rules.

Resources: Worksheet: My Creativity Knows No Limits! Worksheet From MM3: Mood Boards

Complimentary Lessons: Micro-Module 3 My Fashion Everyones Fashion.

There are a number of complimentary lessons in Micro-Module 3 My Fashion Everyones 'Fashion. It is not necessary to undertake this Micro-module before this one however we recommend integrating Activity 1, Lesson 5 Develop a Mood Board, utilising the the Worksheets: Create A Mood / Vision Board. This is available for download from www.muinincatalyst.com Future of Fashion programme

Additionally, Micro-Module 3, Lesson 6 can also be used in combination with this micro-module

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



including worksheets: Ready Steady Design Care Challenge Support: Ready Steady Design Care

External expertise for Micro-Module 3 and 4 Design: Dr Tara Baoth Mooney
Development and additional content on Micro-Module 3 and 4: Dr. Anita McKeown.

Using the Resources:

If you wish to use these resources, we can offer an induction and online support throughout the module to help you plan integration into your projects and timetable. To register for this option, please contact us e:hello@futurefocus21c.com

For more information on the resources please visit www.muinincatalyst.com

Setting up an online learning environment for the lessons on this module:

Our lessons integrate the use of virtual learning environments. To ensure seamless use of our lessons, a module should be setup on your school's virtual learning environment such as Teams, Google Classroom, etc. Learners are encouraged to upload documents to share with their peers. If your virtual learning environment does not support document sharing, we recommend OneDrive or Google Drive.

You can also use Google Sites or Microsoft Sway to encourage learners to present their work over the year - this can easily be set up to reflect the aims of TY and provide a showcase for their work as well as assessment tool.

Setting up a Canva Education account.

As our lessons integrate design, our lessons also refer to Canva. Educators and schools are able to open a free Canva for Education account by registering here: <https://www.canva.com/education/>

Canva for Education provides primary and secondary school teachers and students with premium features and templates. You can then also set up lessons and invite your learners to the class.

References

Webpages

- CARIAD (no date) Sensor E-Textiles. Available at: https://cariadresearchgroup.cariadinteractive.com/?page_id=770 (Accessed 7 April 2024).
- Cheynekoh (2020) Manmade vs. Natural Textile Fibres/Fabrics/Textiles: A Fair Comparison.. Available at: <https://www.fabricoftheworld.com/post/breaking-down-the-chemicals-used-in-each-stage-of-textile-production-1> (Accessed 7 April 2024).

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Webpages continued

- Dúchas (no date) Schools' collection - Folklore. Available at: <https://www.ucd.ie/folklore/en/collections/schoolscollectionduchas> (Accessed April 7 2024).
- Junk Kouture (2023) Educators - junk kouture. Available at: <https://junkkouture.com/educator> (Accessed 7 April 2024).
- Junk Kouture (2024) Junk Kouture: Youth Sustainable The World's First Sport for Creatives for Schools! Available at: <https://junkkouture.com> (Accessed 7 April 2024).
- McQuillan, D. (2017) Irish eco-friendly alternatives to the big fashion chains. Available at: <https://www.irishtimes.com/life-and-style/fashion/irish-eco-friendly-alternatives-to-the-big-fashion-chains-1.3252410> (Accessed 7 April 2024).
- Pinterest (no date) Hand embroidered patches. Available at: <https://ie.pinterest.com/craftjamco/hand-embroidered-patches> (Accessed 7 April 2024).
- Pinterest (no date) Hand felting holes. Available at: <https://ie.pinterest.com/search/pins/?q=hand%20felting%20holes&rs=typed> (Accessed 7 April 2024).
- Pinterest (no date) Hand sewn mending. Available at: <https://ie.pinterest.com/search/pins/?q=hand%20sewn%20mending&rs=typed> (Accessed 7 April 2024).
- Pinterest (no date) Hand sewn patches. Available at: <https://ie.pinterest.com/search/pins/?q=hand%20sewn%20patches&rs=typed> (Accessed 7 April 2024).
- Pinterest (no date) Hand sewn upcycled t-shirts. Available at: <https://ie.pinterest.com/search/pins/?q=hand%20sewn%20upcycled%20T-shirts&rs=typed> (Accessed 7 April 2024).
- Pinterest (no date) Upcycling denim jeans. Available at: <https://ie.pinterest.com/search/pins/?eq=upcycling+denim&etslf=8982&len=2&q=upcycling+denim+jeans&rs=ac> (Accessed 7 April 2024).
- Tariq, S. (2023) Different type of fibers (A list of Manmade & Natural textile Fibers) - SewGuide. Available at: <https://sewguide.com/textile-fibers> (Accessed 7 April 2024).

Videos

- & Sashiko Story (2018) Top 5 Basic Sashiko Tips | To enjoy Sashiko Stitching more. Available at: https://www.youtube.com/watch?v=H464u4q_JGk (Accessed 7 April 2024).
- ABC Australia (2022) Visible mending brings new life to old damaged clothes. Available at: <https://www.youtube.com/watch?v=Xaq3kwHGbdK> (Accessed 7 April 2024).
- AmyGDIY (no date) Sewing tips - Hemming Stitch. Available at: <https://www.youtube.com/watch?v=uy0VfVw84ao> (Accessed 7 April 2024).
- AmyGDIY (no date b) Sewing tips - How to sew invisible stitch. Available at: <https://www.youtube.com/shorts/pedFjq5IEI0?feature=share> (Accessed: April 7 2024).
-

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Videos continued

- AmyGDIY (no date) Sewing tips - Knot the thread. Available at: <https://www.youtube.com/shorts/Lbi1zn4c3sE> (Accessed: April 7 2024).
- Baoth Mooney, Tara (2010) Diary of our daily threads 4: 'Form' .mov. Available at: <https://www.youtube.com/watch?v=c0BcprjsW3U> (Accessed 7 April 2024).
- BlueprintDIY (2022) Easy DIY dress! | T-shirt cut scissors ONLY. Available at: <https://www.youtube.com/watch?v=QNOF1w5jDIY> (Accessed 7 April 2024).
- Bookhoudesign (no date) Visible mending using needle felting. Available at: <https://www.youtube.com/shorts/zmZSmAyKIj4> (Accessed: April 7 2024).
- Burnett, Alexandra (2022) What is SUSTAINABLE FABRIC + 5 FABRICS YOU SHOULD KNOW ABOUT. Available at: <https://www.youtube.com/watch?v=tE5fGj9fWWo> (Accessed 7 April 2024).
- Coolirpa (2020) How to trace your clothes and turn them into PATTERNS! Available at: <https://www.youtube.com/watch?v=baqA9jhZRVs> (Accessed 7 April 2024).
- Dapper alien (2017) How to make a patch. Available at: https://www.youtube.com/watch?v=Dm-_Zp4UHzi (Accessed 7 April 2024).
- DIY edigna (2023) 5 ideas for plain t-shirts. Available at: <https://www.youtube.com/watch?v=y0fKd6dGI-o> (Accessed 7 April 2024).
- DW Documentary (2020) The clothes we wear | DW Documentary. Available at: <https://www.youtube.com/watch?v=-64wZkdPRew> (Accessed 7 April 2024).
- Ellen MacArthur Foundation (2022) Meet the circular design pioneers reinventing the future of fashion. Available at: <https://www.youtube.com/watch?v=wb6bzQabqXM> (Accessed 7 April 2024).
- Featherstitch House (2022) Textile Art Techniques | Winging It Week 22 | Learn the Art of Fabric Manipulation. Available at: <https://www.youtube.com/watch?v=5BBFhoNTk8k> (Accessed 7 April 2024).
- Good Housekeeping (2015) Old T-Shirt + scissors = \$0 DIY Summer Fringe tote! Available at: https://www.youtube.com/watch?v=M3j1BO_01z0 (Accessed 7 April 2024).
- Harriell, Marcy (2022) 5 easy sewing projects in 15 minutes! Available at: <https://www.youtube.com/watch?v=dPH2EysPMmc> (Accessed 7 April 2024).
- Harriell, Marcy (2023) PUT A BOW ON IT: Lux Sweater refashion! Available at: <https://www.youtube.com/watch?v=luELpkm1nXg> (Accessed 7 April 2024).
- Harriell, Marcy (2020) UPCYCLE: DIY THIS WINDOWPANE DENIM JACKET! Easy to do, with or without sewing. Available at: <https://www.youtube.com/watch?v=e6HVY4U9nS4> (Accessed 7 April 2024).
- JapanSocietyNYC (2020) Boro Textiles: Sustainable Aesthetics - Video Tour part 1. Available at: <https://www.youtube.com/watch?v=DnQd5qFrUGM> (Accessed 7 April 2024).
- JULIUS (2022) Making Boro patchwork pants for the Summer (w/ Sashiko stitch). Available at: (Accessed 7 April 2024).

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Videos

- Junk Kouture (2023) REGIONAL FINALS 2023 - Junk Kouture Dublin powered by RTÉ. Available at: <https://www.youtube.com/watch?v=4FvNc8ZciWA> (Accessed 7 April 2024).
- Junk Kouture (2022) Taking action against climate change | Highlights. Available at: <https://www.youtube.com/watch?v=tEkMhi7IDFw> (Accessed 7 April 2024).
- KTNV Channel 13 Las Vegas (2020) Jenn is teaching t-shirt cutting. Available at: <https://www.youtube.com/watch?v=mYM0vyqIYSc> (Accessed 7 April 2024).
- Life Tips Plus (2021) 14 ways to repair holes in clothes. Amazing Embroidery Stitches For Beginners /Guide to Sewing. Available at: <https://www.youtube.com/watch?v=WkJJZDsnCNg> (Accessed 7 April 2024).
- My Green Closet (2021) How to Make a Pattern from Clothing (Without taking it Apart!) - Sewing Hack. Available at: <https://www.youtube.com/watch?v=jdYPWHsgVAg> (Accessed 7 April 2024).
- NinkComPoop (2021) Your Guide To Charity Shopping! 10 Years Of Tips & Tricks. Available at: <https://www.youtube.com/watch?v=Gu69tElsftg> (Accessed 7 April 2024).
- Oldstaff OldUser (2017) Textiles heat Manipulated methods: the basic 'Shibori' method. Available at: <https://www.youtube.com/watch?v=e6QPesZxm74> (Accessed 7 April 2024).
- Owlipop DIY (2017) DIY Distressed Cut Out T-Shirts. Available at: <https://www.youtube.com/watch?v=D6fFLGW-0HE> (Accessed 7 April 2024).
- Owlswap2000 (no date) Upcycling ideas for t-shirts. Available at: <https://www.youtube.com/shorts/Dab-L-QsRSY?feature=share> (Accessed April 7 2024).
- Patagonia (2014) Worn Wear® Stories | Presented by Patagonia. Available at: <https://www.youtube.com/watch?v=4IyTXRfnYmQ> (Accessed 7 April 2024).
- Pattern Scout (2021) Copying my favorite leggings | Easy DIY pattern drafting. Available at: <https://www.youtube.com/watch?v=9K45Vfeq-Gg> (Accessed 7 April 2024).
- Penguin & Fish (2021) Satin stitch - How to quick video tutorial - hand embroidery stitches for beginners. Available at: <https://www.youtube.com/watch?v=NGPqSY2vJn8> (Accessed 7 April 2024).
- Penguin & Fish (2021) Seed Stitch - How to quick video tutorial - hand embroidery stitches for beginners. Available at: <https://www.youtube.com/watch?v=zd7WhNgV1yQ> (Accessed 7 April 2024).
- Red Ted Art (2016) Blanket Stitch How to - Basic sewing (Embroidery & hand sewing). Available at: <https://www.youtube.com/watch?v=S9zegUYdPmg> (Accessed 7 April 2024).
- Red Ted Art (2017) How to make T-Shirt Yarn (Easy Upcycle) - Great T-Shirt Yarn DIYs. Available at: <https://www.youtube.com/watch?v=0fLfZHA7wFg> (Accessed 7 April 2024).
- Red Ted Art (2016) How to sew a Button (Craft Basic Sewing). Available at: <https://www.youtube.com/watch?v=8mIGGn3AS1E> (Accessed 7 April 2024).
- Red Ted Art (2016) Running Stitch How to - Basic sewing (Hand embroidery & hand sewing). Available at: <https://www.youtube.com/watch?v=i1-B01FB56s> (Accessed 7 April 2024).

SDG8 Future of Fashion

Micro-Module 4: Fashion Design Skills



Videos

- RSA (2013) Brené Brown on Empathy. Available at: <https://www.youtube.com/watch?v=1Ewgu369Jw> (Accessed 7 April 2024).
- SammySays (no date) My favourite upcycle! reworking old t-shirts! Available at: <https://www.youtube.com/shorts/YavES2GIUb0> (Accessed April 7 2024).
- Sewing Ideas (2023) 3 Fantastic ideas from old socks. Available at: <https://www.youtube.com/watch?v=y-JtcPFwUcE> (Accessed 7 April 2024).
- Sewing Ideas (2023) 3 new ideas from old umbrellas. Available at: <https://www.youtube.com/watch?v=gyPM5KwJizA> (Accessed 7 April 2024).
- Sewing Ideas (2023) 3 new ideas from one old umbrella. Available at: <https://www.youtube.com/watch?v=gyPM5KwJizA> (Accessed 7 April 2024).
- Shmoxd (2016) How To: Hand made patch. Available at: <https://www.youtube.com/watch?v=exaRooWNe3M> (Accessed April 7 2024).
- Sparkly Belly (2014) How to sew sequins 1: Sequin lines & fill. Available at: <https://www.youtube.com/watch?v=Vn4BC4e15Vc> (Accessed April 7 2024).
- Stiles, Eric W. (2020) Create the perfect jean pant pattern by cloning an old pair of jeans. Available at: https://www.youtube.com/watch?v=_jfKXW0-pk8 (Accessed 7 April 2024).
- Textiles Tutorials (2020) Spiralling - simply texture - fabric manipulation techniques. Available at: <https://www.youtube.com/watch?v=2iFGsdNYDYk> (Accessed: April 7 2024).
- Thaitrick (2019) 8 SEWING TIPS AND TRICKS - EP.1. Available at: <https://www.youtube.com/watch?v=4oPpl097hGE> (Accessed: April 7 2024).
- The Green Wrapper (2023) Sashiko Visible mending - mend with style. Available at: <https://www.youtube.com/watch?v=bj2eZcMWsNo> (Accessed: April 7 2024).
- Traid (2016) Kate Fletcher 'Craft of Use' TRAITALKS, Nov 2015. Available at: <https://www.youtube.com/watch?v=qYjogcSzozk> (Accessed 7 April 2024).
- WION (2021) Gravitas Plus: Fashion houses say they are sustainable. They are lying. Available at: <https://www.youtube.com/watch?v=EcgAtFRpdUI> (Accessed April 7 2024).
- Withwendy (2016) How to buy fabric (Terminology & shopping tips!) Available at: <https://www.youtube.com/watch?v=ruRhkpys83o> (Accessed 7 April 2024).
- WorldDynamics (2017) Fashion industry & Circular Economy. Available at: <https://www.youtube.com/watch?v=65zR2nU0sBU> (Accessed 7 April 2024).
- Xiaoxiao Yarn (2021) Basics of Sashiko 2 | Techniques and tips for Beginners. Available at: <https://www.youtube.com/watch?v=M-5RXN6Tk4M> (Accessed: April 7 2024).
- Zoe Hong (2016) Learning about Fabrics 1: The who, what, and how. Available at: <https://www.youtube.com/watch?v=-B4tfduOQ7w> (Accessed 7 April 2024).



CIRCULAR SYSTEMS, EMPATHIC AND CONSIDERED DESIGN

Considered design:

A. Regenerating: Research @worn wear- recrafted line – a collaboration between Suay Sew Shop and Patagonia:

B. Activism: Research the unisex capsule collection which is a collaboration between Yoshitomo Nara × Stella McCartney.

How are these 2 different collaborations addressing a 'Considerate design' ethos?

What is the difference between the design methods of these 2 collaborations?

What different characteristics do these companies have separately that when brought together make the end products more valuable?

Name 2 issues that each of the above collaborations are addressing?

Circular Design:

Research the Timberland Timberloop Trekker. This shoe is specifically designed for disassembly.

What are the main interventions/actions that this company is doing to make their brand more circular.

How many stitched components are in this shoe?

What materials is the shoe made from?



CIRCULAR SYSTEMS, EMPATHIC AND CONSIDERED DESIGN

How are the components crafted to disassemble?

How are the components being redistributed?

Empathic Design:

Research the Laugh project at Cardiff Metropolitan University. NB: Look specifically at the aprons on this web page. https://cariadresearchgroup.cariadinteractive.com/?page_id=770

What is the Laugh project doing to create more of an empathic connection with the wearer through design for dementia?

Who are these aprons for?

How do these aprons differ from one another?

Why do you think the aprons are all different?

What makes these aprons significant and unique?

What design methods are being used to create more of an empathic connection with the wearer?

MM4 L2 WS: MY CLOTHING THROUGH MY STORY

8 DECENT WORK AND ECONOMIC GROWTH



Answer the following questions about each garment you've selected.

What does this garment mean to me in my every day life?

What are the connections that this garment has helped me to make with an experience I have had, maybe a concert, a birthday or a family occasion?

Does this garment remind me of any people or pets that I have or have had in my life?

What is the difference between this garment and the garment I chose in module 1?

What story from my life does this garment tell? (Give a short 3 sentence explanation to use as a guide for the storytelling session).

1.

2.

3.



Natural fibres are made from either plant material- cellulose such as cotton, linen, hemp, or animal fur -protein such as wool, alpaca, silk, mohair.

Synthetic fibres are made from plastic - such as polyester, acrylic. Semi synthetic fibres are made from processed cellulose with chemicals- such as viscose or rayon. It is with experience and trial and error that we get better at identifying fabrics. Keep trying! Use the following guidelines to assist you in identifying each garments' fabric composition.

1. Look at the label.
2. Is the garment made from a mix of synthetic and natural fibers?
3. If there is no label present:
4. Feel the fabric.
5. Look at the type of garment that you holding.
6. Is the fabric thin or thick?
7. Does it feel damp or cool?

NATURAL FIBRE IDENTIFICATION:

- Cotton and most natural fibres e.g. silk or linen will crease when you crumple them in your hand.
- Scrunch up the fabric in your hand, roll it into a tight ball and hold it for 15 seconds.
- When you let it go it will stay crumpled if it is a natural fibre.

BREATHABILITY:

- If you are still unsure about what fabric you are holding, once again, hold the fabric tightly for about 1 and a half mins.
- Natural fibres will not feel damp. They will feel warm in your hand, like an extension of the heat your body produces. The fabric permeates the fibres and disperses any heat or moisture.
- This shows that the breathability is high and usually indicates a natural fibre.
- If you are still unsure about what fabric you are holding, once again, ball the fabric up and hold the fabric tightly for about 1 and a half mins.
- Synthetic fibres will feel damp. They will feel cold in your hand.
- The fabric does not absorb any heat from your body and therefore the moisture produced by the heat bounce back into the hand.
- Your hand will feel clammy and even slightly sticky. This shows that the breathability is low and usually indicates a synthetic fibre.

SYNTHETIC FIBRE IDENTIFICATION:

- Synthetic fibres like polyester and acrylic also crease when you crumple them in your hand but will not hold the creases.
- Scrunch up the fabric in your hand, roll it into a tight ball and hold it for 15 seconds. When you let it go the creases will fall out if it is a synthetic fibre.
- Semi-synthetic fibres e.g. rayon or viscose often feel silky like real silk and more difficult to identify.
- Again, scrunch up the fabric in your hand, roll it into a tight ball and hold it for 15 seconds.



GENERAL GUIDELINES:

- When you let it go the creases will usually fall out but not as much as a synthetic fiber and they will be less creased than a natural fibre.
- Try to go to charity shops during the week when there are less people shopping.
- Go as early in the day as you can to maximize the possibility of finding something extra special
- Revisit charity shops regularly
- Try to find well-made garments constructed from natural fibers. If you see and like synthetic garment consider how much you want it and whether you are prepared to keep it for a long time.
- Look for garments that sit well and have a good shape- avoid garments that bunch up or are seem to be worn around elbows, knees, crotch, armpits, collar areas.
- Find out from the staff what days they restock the rails.
- Always try things on if you can. It is often not permitted to return items from charity shops. This also gives you the opportunity to do a fabric identifying test when there is no care label.
- Remember you will be working on customizing whatever garment you buy so purchase with this creative lens of possibility!

SENSORY ACTIVATION:

When you enter a charity shop try to engage all of your senses as tools to help you find something.

- FEELING for different materials:
- LOOKING for colours that grab your eye:
- LISTEN to what the staff are saying about new stock.
- SMELLING for freshly washed garments

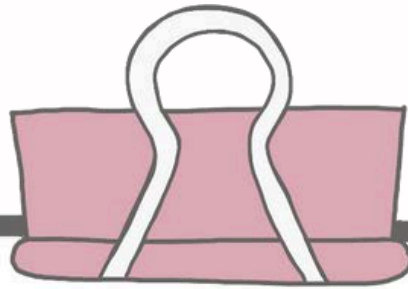
OTHER TIPS:

- If a garment smells freshly washed, you can usually tell if a stain is permanent or will wash out.
- If there are stains or holes, look at the positioning of them and try to visualize how you might be able to cover the stain or fill the hole.
- Check armpits for yellowing.
- Check neck line for staining/yellowing.
- Check the lining for rips and stains
- Check to make sure that there is no balling on jumpers.
- Look for loose buttons.
- Check to make sure that all the buttons are present. If not, think about how a new/ contrasting button could look on the garment with the existing buttons.
- Check for strained seams- this happens when a garment is not well made or when it has been over-worn.
- If the garment is large and has seam weakness – you can always take it in with simple running stitch along the seams.



- Always look at all of the rails so you don't miss anything.
- Check to see if the clothing is organized by colour or size or gender.
- Sometimes women's and men's clothes are put in the wrong area.
- Look in the bargain section for items that might be reduced.
- Look at the potential in the garments for customization.
- Look for things that might look different with a small amount of added sewing- for example, taking up the hem, filling a hole, taking the side seams in, cutting off the collar, patching etc.
- Look for t-shirts that can be modified through cutting - e.g. an oversized t-shirt can become a versatile top when cut and tied.
- Over-washed garments can lose their stretch. Steer clear of garments which are over-washed (unless that is what you are looking for specifically).

Use this space to make notes about what you maybe looking for at the charity shop or key points you want to remember as you select your garment.



A large, empty rectangular box with a thick black border, intended for students to write their notes.



Patches:

- <https://www.pinterest.ie/search/pins/?q=hand%20sewn%20patches&rs=typed>
- <https://www.pinterest.ie/craftjamco/hand-embroidered-patches/>

Sew a patch:

- How To: Hand made patch [2:55 min] <https://youtu.be/exaRooWNe3M>
- How To Make A Patch | DIY Handstitched Patch [3 minutes 29] https://youtu.be/Dm-_Zp4UHzi

Mending:

- <https://www.pinterest.ie/search/pins/?q=hand%20sewn%20mending&rs=typed>

Needle Felting:

- <https://www.pinterest.ie/search/pins/?q=hand%20felting%20holes&rs=typed>

Upcycling

- <https://www.pinterest.ie/search/pins/?q=hand%20sewn%20upcycled%20T-shirts&rs=typed>
- Denim <https://www.pinterest.ie/search/pins/?rs=ac&len=2&q=upcycling%20denim%20jeans&eq=upcycling%20denim&etslf=8982>

Embellishing:

- Sequins [15:00min] <https://www.youtube.com/watch?v=Vn4BC4e15Vc>
- Upcycle a Denim jacket [15:52 min] <https://youtu.be/e6HvY4U9nS4>

Some t-shirt hacks:

- Jenn T-shirt up styling cutting [3:55 min] <https://www.youtube.com/watch?v=mYM0vyqIYSc>
- No Sew Old T-shirt to tote bag [1:40 min] https://youtu.be/M3j1BO_01z0
- Colour block t-shirts [0:40s] Very simple sewing and scissors <https://www.youtube.com/shorts/YavES2GIUb0?feature=share> (40 seconds)
- Easy T-shirt dress - scissors only [11:56] <https://www.youtube.com/watch?v=QNOF1w5jDIY>
- 3 cut out T-shirt ideas [4:00 min] <https://www.youtube.com/watch?v=D6fFLGW-0HE>
- Some T-shirt projects with simple sewing [1:00 min] <https://www.youtube.com/shorts/Dab-L-QsRSY?feature=share>
- Make t-shirt yarn [7:00 min] https://youtu.be/0fLfZHA7wFg?list=PL2vt_TPKQbZo5gs9BxIXkgCyGFfwHpose

Something a little more challenging:

- Sweater Refashion + use your scraps [23:00 min] <https://www.youtube.com/watch?v=luELpkm1nXg>
- 5 easy sewing projects in 15 mins (15:00 min) <https://www.youtube.com/watch?v=dPH2EysPMmc>

MM4 READY STEADY DESIGN CARE CHALLENGE

8 DECENT WORK AND
ECONOMIC GROWTH



The Challenge: In this design challenge, YOU will harness your creativity, problem-solving skills, and understanding of sustainability to create an upcycled garment or textile product that aligns with a United Nations Sustainable Development Goal (SDG) while embodying the concept of care.

Objective: Design and craft an upcycled garment or textile product that reflects the principles of the circular economy, addresses a specific SDG, and emphasizes the importance of care in the design, production, and lifecycle of the product.

Challenge Steps:

1. **SDG Selection:** Choose one of the 17 UN SDGs as the focus of your upcycled design. Consider how your creation can contribute to positive change aligned with that particular goal.
2. **Concept of Care:** Explore the concept of care in the context of your design. How can your product showcase care for the environment, for the people involved in its creation, and for the eventual users?
 - caring for people (e.g. SDG 1,2,3,5,10,11)
 - the environment (SDG 11,13,14,15)
 - resources (SDG 6, 7, 12)
 - our infrastructure and and systems (SDG 9,16,17)

Consider also Junk Koutoure's Masterclass series for topics for consideration, support <https://www.youtube.com/playlist?list=PLd0zRoXa-hWTBFbTFDYV2dxCdx8-sWp1s> and their sustainability <https://junkkoutoure.com/sustainability/>

3. **Material Sourcing:** YOU will use one of the garments from the class rail and upcycle it based on your mood board from the previous lesson and what inspires you from the garments.
4. **Design Concept:** Develop a design concept that integrates the SDG theme and the concept of care. Consider the aesthetics, functionality, and potential impact of your creation.
5. **Prototyping:** Create a prototype of your upcycled garment or textile product. Using no sewing, crafting, or other relevant techniques to transform the selected materials into your envisioned creation.
6. **Narrative and Impact:** Craft a short narrative that explains the connection between your design, the chosen SDG, and the concept of care. Highlight how your creation contributes to a more sustainable and caring world.
7. **Presentation:** Present your upcycled creation to the group. Discuss how your design aligns with the selected SDG and embodies the concept of care.

NB: You can also collect and select additional upcycled materials that align with your chosen SDG and the concept of care. These materials can be sourced from discarded garments, textiles, or other items.