

# SDG8 Future of Fashion

## MM4: Fashion Design Skills



### MM4: Fashion Design Skills

#### Exploration and Experimentation

#### Lesson 3: Skills for Maintaining, Mending and Customizing my Garments

**Subjects: Art, Climate Action and Sustainable Development, Design, Enterprise, Home Economics, Maths, Science**

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE



**10** REDUCED INEQUALITIES



**12** RESPONSIBLE CONSUMPTION AND PRODUCTION



**17** PARTNERSHIPS FOR THE GOALS



#### Lesson Title and Summary: Skills for Maintaining, Mending and Customizing my Garments

Learners will explore simple methods and techniques for customising garments, enabling the garments to take a journey into another way of being. Through care, mending, maintaining and customisation, we enable our garments to live in a way that exists outside the fast fashion paradigm. Caring for our clothing is a slow process and can often take time over a few weeks. Time and user agency through skill can bring our garments into a cherished place where large fashion companies cannot enter. Garments are not static objects. They are places where lived experience happens.

#### Vocabulary: Care, Co-creation, Maintenance, Mending, Skill, Thrift

#### In this lesson, the learner will:

- learn through practice the basic skills needed for mending, sewing, customising and maintaining our garments.
- learn to use and up-skill with a basic set of tools and sewing skills.
- be introduced to creative ways of approaching mending and customising
- give the learners the agency to develop a new relationship with their garments and through this understand the power of cherishability through value.
- explore the community of care that emerges when people gather to make together.

#### Materials

- Teacher's Guide: List of materials needed and short instructional videos for Activity 2
- Notebook/paper for glossary and note-taking
- Internet access

# MM4: Fashion Design Skills

## L3: Skills for Maintaining, Mending and Customising Garments



### ACTIVITY INSTRUCTIONS

#### Activity 1: Creative mending (10min)

1. Watch the video 'Visible mending brings new life to old damaged clothes' [8:29min] on mending to see some ideas on visible mending

#### Activity 2: My new skills (40min)

1. Divide the room into small work tables in a circle with 2-4 learners working on each table
2. In the middle of the room create 2 tables of tools and materials keeping them close to the learners tables to encourage the learners to meander between the tables and interact with one another.
3. Invite the learners to gather around the tool and materials tables and take a needle, thread, buttons, some squares of cloth each (cotton and wool) and a pair of scissors and needle felting kit for each table.
4. Start with an introduction to the tools presented and demonstrate how they are used to affect garments through maintaining, mending and customising garments.
5. Use the videos listed in the Teacher's Notes: Activity 2 Videos on basic sewing, mending and cutting methods.
6. Play each video and have the learners follow in real-time to learn and practice the skills

#### Ongoing lessons: Simple Fabric Skills Building

1. Before moving onto the next formal lesson, a number of lessons can be undertaken to develop skills using the additional videos in the teachers' notes to learn new methods and techniques of fabric manipulation and making patterns.
2. Learners can use these lessons to build up a 'sampler portfolio'. This can be a simple set of stitched squares and techniques or can be a stitched project to create and 'image sampler' - see the 'Winging it' video, Teachers notes

### REFLECTIVE EXERCISE: 3-2-1

- Three things they feel they have learnt from the exercise
- Two things they found most interesting and would like to explore more
- One – their opinion they have about the site / exercises

Use Post-its or a mentimeter survey - [www.mentimeter.com](http://www.mentimeter.com) - to gather reflections

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### L3: Skills for Maintaining, Mending and Customising Garments



#### EXTENSION / REDUCTION ACTIVITIES:

Reduction: For a shorter lesson, omit the blanket stitch video and omit the Invisible stitch video.


Extension: For a longer lesson, introduce the learners to these 2 basic embroidery stitches

Seed stitch [https://www.youtube.com/watch?v=zd7WhNgV1yQ&ab\\_channel=Penguin%26Fish](https://www.youtube.com/watch?v=zd7WhNgV1yQ&ab_channel=Penguin%26Fish) (55 seconds). Practice for 5 mins.

Satin stitch <https://www.youtube.com/watch?v=NGPqSY2vJn8> (1 min 30). Practice for 5 mins.

See also ongoing lessons and skill-building videos on Teachers' notes to develop simple stitched techniques and simple pattern making. These can be undertaken over a number of weeks as required.

#### MEDIA BOX: (materials, online video links, extra resources, case studies etc)

Visible mending brings new life to old damaged clothes  | Everyday | ABC Australia [8:29min]  
[https://www.youtube.com/watch?v=Xaq3kwHGbDk&ab\\_channel=ABCAustralia](https://www.youtube.com/watch?v=Xaq3kwHGbDk&ab_channel=ABCAustralia)

See teacher's notes: Activity 2 Videos

See Ongoing Lessons: Skills building video list for fabric manipulation and using your own clothes to cut patterns.

#### Local Trip / Expertise / Additional Work and Assessments

Bring your samples home and look through your wardrobe for anything that needs fixing. Practice the sewing skills you have learnt. Visit your local sewing shop or charity shop and search out trims and accessories that appeal to you.

Learners can create an Image Sampler showing a range of techniques to give their sampler different textures.

Continue to build the textile lived experience glossary, giving each learner one or two words/phrases to research and define in one sentence:

- Care, Co-creation, Maintenance, Mending, Thrift, Skill



### MATERIALS NEEDED

You will need to provide the following for this lesson:

- Needles of different sizes
- Pins
- Pincushions
- Thimbles
- Needle threader
- Fabric ripper
- Threads
- Embroidery threads
- Tailors chalk
- Raw wool
- Spun wool fibre
- Velcro
- Fabric remnants: To maximise skill learning time in the lesson. Precut some cotton squares for practising sewing . Also find remnants of denim, cotton (old t-shirts, vests, sweatshirts), wool fabric (old jumpers, scarves, mittens, socks, felt)
- Iron and ironing board
- Scissors for cutting fabric
- Measuring tape
- Needle felting kit (Bifurcated needles, raw wool in different colours, sponges to felt on)
- Bondaweb
- A couple of embroidery rings
- Dry nailbrush (for brushing off dirt)
- Ribbons, jar of buttons, trims, different shaped sequins, small beads and other craft accessories
- Fabric glue

### ACTIVITY 2 STITCHING SKILLS VIDEOS TO WATCH

Learners should follow along in real time with the videos to practice these basic skills

1. Simple knotting of thread <https://www.youtube.com/shorts/Lbi1zn4c3sE> Practice for 1 min
2. Running stitch <https://www.youtube.com/watch?v=i1-B01FB56s> [2:30 min] Practice for 2 min
3. Sew a hem. <https://www.youtube.com/shorts/uy0VfVw84ao> (20s) Practice for 4 mins.
4. Blanket stitch [https://www.youtube.com/watch?v=S9zegUYdPmg\\_](https://www.youtube.com/watch?v=S9zegUYdPmg_) [3:50 min] Practice for 4 mins
5. Invisible stitch <https://www.youtube.com/shorts/pedFjq5IEI0?feature=share> (20s) Practice for 5 mins
6. Sew on a button <https://youtu.be/8mlGGn3AS1E> (4 mins) Practice for 10 mins
7. Needle felting <https://www.youtube.com/shorts/zmZSmAyKlJ4> (45s) Practice for 4 mins.



### ONGOING LESSONS: MATERIALS NEEDED

- Needles of different sizes
- Pins / Pin cushion
- Thimbles
- Needle threader
- Scissors
- Thread / Embroidery threads
- Filling
- Fabric remnants: To maximise skill learning time in the lesson. Pre-cut some cotton squares for practising sewing.
- Remnants of denim, cotton (old t-shirts, vests, sweatshirts), wool fabric (old jumpers, scarves, mittens, socks, felt) and trims e.g. lace, jewellery

### BUILDING FABRIC MANIPULATION SKILLS

Additional decorative fabric manipulation skills

- Spiralling [6:24 min] <https://www.youtube.com/watch?v=2iFGsdNYDYk>
- Boiled Shibori using a vegetable steamer and synthetic fabric [8:12 min] <https://www.youtube.com/watch?v=e6QPesSzxm74>
- Boro Textiles Sustainable Aesthetics Parts 1 - 4. Part 1 [3:37 min] <https://www.youtube.com/watch?v=DnQd5qFrUGM>
- Boro Patchwork with Sashiko [8:55 min] <https://www.youtube.com/watch?v=Px5um1WbNFU>
- Basics of Sashiko [5:20 min] <https://www.youtube.com/watch?v=M-5RXN6Tk4M>
- Top 5 Sashiko Tips [ https://www.youtube.com/watch?v=H464u4q\_JGk
- DIY Sashiko Visible Mending Style [13:55 min] <https://www.youtube.com/watch?v=bj2eZcMWSNo>
- 14 ways to repair holes using embroidery thread [5:51 min] <https://www.youtube.com/watch?v=WkJJZDsnCNg>
- 8 Sewing tips and tricks [3:44 min] <https://www.youtube.com/watch?v=76Gtqe7tEnE>

Image Sampler: Winging it Week 22: Fabric Manipulation: <https://www.youtube.com/watch?v=5BBFhoNTk8k>

- Introduction: Image Sampler [3:34 - 5:02min]
- Trapping [5:03 - 11.43 min]
- **Melting Synthetic fabric, a candle or lighter. NB: We do not recommend this as it needs monitoring and could also give off toxic fumes. [11.43 - 17.14 min]**
- Padding [17:16 - 27.06 min]
- Gathering [27:40 - 31:37 min]
- Pleating [31:38 - 46:02 min]
- Twisted Strips [46:04 - 51:27 min]
- Folded Circles [51:28 - 57:06 min]
- Smocking [57:18 - 1:09:00 min]
- Bubbles [1:09:02 - 1:19:00 min]
- Trapunto [1:19:00 - 1:25:10 min]
- Ruffles [1:25:08 - 1:30:49 min]



### CREATING SIMPLE PATTERNS

Materials:

- Paper - any of the following, butcher paper, brown wrapping paper or tracing paper
- Pens
- Pins / pin cushions
- Scissors
- Tailor's chalk
- Own clothes or other clothes you like and that fit you e.g. from a charity shop

Instruction Videos

- How to Make a Pattern from Clothing without taking it apart [9:44 min] <https://www.youtube.com/watch?v=jdYPWHsgVAg>
- How to trace your clothes and turn them into patterns (shorts, t-shirt and shirt) [15:00 min] <https://www.youtube.com/watch?v=baqA9jhZRVs>
- Copying my favourite leggings [12:17 min] <https://www.youtube.com/watch?v=9K45Vfeq-Gg>
- Create the perfect pair of Jeans cloning an old pair of jeans [21:46 min] [https://www.youtube.com/watch?v=\\_jfKXW0-pk8](https://www.youtube.com/watch?v=_jfKXW0-pk8) This requires attention to detail, particularly when measuring. It is more complicated but it is not unachievable and the instructions are clear.

### UPCYCLING

- Using Old Socks [33:34 min] <https://www.youtube.com/watch?v=y-JtcPFwUcE>
- 3 ideas from old umbrellas [29:30 min] <https://www.youtube.com/watch?v=gyPM5KwJizA>
- 3 new Ideas from one old umbrella [10:30 min] <https://www.youtube.com/watch?v=JMioaj5F3u8>
- 5 ideas for plain t-shirts [14:02 min] <https://www.youtube.com/watch?v=y0fKd6dGI-o>

### JUNK KOUTURE

Junk Kouture is open to 12-19 year-olds and challenges young people to design, upcycle and create high end Kouture from recycled Junk, before showcasing their design and representing their school on stages across the world!

- Junk Kouture main website <https://junkkouture.com/>
- Resources for educators <https://junkkouture.com/educator/>
- Visit the Regional Finals 2023 for inspiration Powered By RTÉ <https://www.youtube.com/watch?v=4FvNc8ZciWA>
- Taking Action against Climate Change Junk Kouture <https://www.youtube.com/watch?v=tEkMhi7IDFw&t=1s>

### Marine Plastic Waste - Problem to Pitch

Our Marine Plastic Waste Problem to Pitch TY unit <https://www.muinincatalyst.com/courses-1/future-of-the-ocean> has many lesson plans that could support a 'Junk Kouture' project focused on Marine Plastic Waste