

CREATING FASHION

Expressing Self

2 | CLOSET COUTURE



Creating Fashion/Expressing Self

Closet Couture

Introduction

Creating Fashion/Expressing Self is a series of projects designed for teens who have an interest in clothing and a desire to learn more about dressing fashionably. The series starts with activities designed to help youth get to know themselves and their wardrobe better.

Clothing is said to be an extension of the self; that is, we share with people who we are and what we like by the clothing we wear. It is important, then, to select clothing that reflects our real self. When you learn what type of clothes are best for you, it allows you to make better wardrobe selections. When we feel good about our clothing and the story it shares, it increases our self-esteem.

The Creating Fashion/Expressing Self- Closet Couture project activities will help you learn and practice the fundamentals of coordinating clothing. You will also have an opportunity to work with and enhance your existing wardrobe.

Book 2 - Closet Couture is designed for high school Sophomores.

Project Workbook Objectives

To complete this project:

- Youth will create a vision board.
- Youth will assess their closet and be able to better coordinate their clothing into a wardrobe.
- Youth will connect vision boards to real life actions.
- Youth will create a strategy for coordinating clothes.
- Youth will coordinate outfits on their own.
- Youth will complete a project book.

Creating Fashion/Expressing Self Portfolio

You must complete the charts and activities provided in this project book and organize them, along with other items listed, into a portfolio in the order given below:

1. Title page with a personal photograph, title of the project, and your name.
2. Personal Profile
3. Updated Wardrobe Inventory sheets
4. Wardrobe Basics + Extenders
5. Coordination Strategies
6. Garment Purchase Plan
7. One or two pages of photographs visually describing your project activities.
 - A picture of yourself wearing the garment(s) you acquired and showing the other clothing items from your wardrobe with which it/they coordinate(s).
 - All pictures should be labeled.

Garment(s)

You must purchase, construct or acquire at least one garment (either a basic or an extender item) to coordinate with your existing wardrobe. You may include more than one item if you like.

Project Exhibit

The project exhibit will consist of the portfolio, the item(s) acquired and the coordinating garment pieces from the existing wardrobe to make up a complete outfit.

Interview

In an interview, you will be asked to demonstrate the items acquired and their use in your wardrobe. You must wear and model the acquired item(s) along with other coordinating items from your existing wardrobe. During the interview you must be prepared to talk about your coordinating activities. You will be asked:

1. Explain why each item was acquired and whether it was purchased, constructed or received as a gift.
2. Whether the item is a basic component or a wardrobe extender.
3. Occasion(s) for which the outfit will be worn.
4. How you coordinate the acquired item(s) with other items in your existing wardrobe. Be prepared to demonstrate this during the interview.

Keep in mind that the emphasis of this project is how well you can coordinate new clothing items with existing wardrobe pieces.

Your project will be judged on the following (refer to the scorecard on the last page)

- 50% The Portfolio – completion of all charts and activities, organization
- 20% Your Presentation – response to questions, behavior, attitude, posture, and poise
- 30% Coordination – garment line and design, texture, color, fit, accessories, and value for money spent

Fashion Revue

Make plans to model your completed outfit at your local Fashion Revue. The county winner will be eligible to participate in the State Fashion Revue. A state Creating Fashion: Expressing Self winner will be selected from the participants and honored at the State Fashion Revue program.

Closet Couture

Creating a wardrobe that reflects who you are as a person can be very intimidating. It is important to remember however that you don't need to buy all new things to make this happen. Often times you can coordinate and match items in your own closet to get the job done.

Part 1: From Closet to Wardrobe

A good wardrobe begins with knowing yourself. Fashion experts agree that the most important aspect of a wardrobe is clothing that fits your lifestyle and still expresses the individual you are. Take Jasmin and Marquis as examples. Marquis is a wealthy socialite who occasionally does some modeling. You would expect to find his closets full of expensive, high-fashion clothes. He has the choice of outfits for every occasion on his social calendar. On the other hand, Jasmin, the daughter of a dairy farmer in a small rural community, will have mostly functional work clothes, with a few well-coordinated sport and dress clothes. Jasmin plans on taking over her father's business in a few years and needs a practical wardrobe for her lifestyle, both now and in the future. Like Marquis and Jasmin, you must also be aware of your lifestyle and interests to plan your wardrobe effectively.

List 5 garments you might find in Marquis's wardrobe:

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 garments you might find in Jasmin's wardrobe:

- 1.
- 2.
- 3.
- 4.
- 5.

How would you describe your lifestyle:

List 5 garments that could help you function in your lifestyle:

- 1.
- 2.
- 3.
- 4.
- 5.

Each of us continually experience lifestyle changes, as a result wardrobe building is an ongoing process.

Before continuing, take time to find and update your Wardrobe Inventory from the "Wardrobe Planning" project in the Exploring Self workbook.

If your previous inventory sheets are not available or your wardrobe has changed drastically since completing the project, evaluate or inventory at least a major section of your wardrobe before continuing. Evaluate the portion of your wardrobe you plan to use for this Clothing Coordination project.

Include your new or updated inventory sheets in your portfolio for the Closet Couture.



Part 2: Coordinating Your Wardrobe and You

Clothing coordination begins with an understanding of your wardrobe. Wardrobes are made up of two types of garments: basic items and wardrobe extenders. Basic items create the foundation and extenders bring excitement to your wardrobe.

BASICS: garments with the following characteristics:

Style/Silhouette/Design: simple, classic, functional

Color: Usually neutral colors such as beige, black, navy, brown, gray, but may also be fashion colors like hunter green and maroon or classic colors like red, green and blue. Choices reflect your coloring and likes and dislikes.

Texture: nothing extreme, smooth like chino, denim, and jersey knit

Trims/Buttons/Embellishments: nothing bold or eye catching, subdued and restful to the eye

Quality: the highest quality you can afford

WARDROBE EXTENDERS: garments that add drama and personality. These may be less expensive and that can be mixed and matched with basic components to multiply the number of outfits. Examples: pants with an unusual texture, a patterned or textured vest, or brightly colored sneakers. Look for the following characteristics:

Style/Silhouette/Design: Unique, special, eye-catching. Might be a new fashion or fad; high fashion, bold, and exciting.

Color: Interesting or eye-catching value or intensity used alone or in combinations that enhance your personal coloring.

Texture: Bold and exciting, used alone or in combinations.

Trims/Buttons/Embellishments: Eye catching and interesting embellishments like sequins, lace, crystals, and novelty buttons.

Quality: Dependent on how often the item will be used. One time use or fad items may warrant being less expensive than those that will be used for longer periods of time.

Both wardrobe basics and extenders should make you feel confident. Considering scale, proportion, rhythm, balance, and harmony are important design principles to apply to clothing selection and the art of dressing.

Using the wardrobe inventory sheets that can be found in Book 1 (Exploring Self) or at the end of this book, categorize your wardrobe items as either basic or extender items.



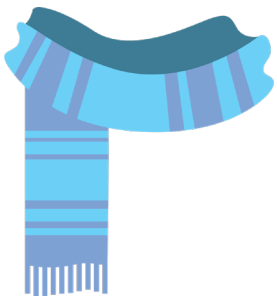
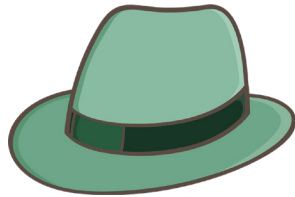
Part 3: Basics

Building a successful wardrobe is much easier when you start with the fundamentals. Remember, there is no such thing as a typical wardrobe. Your environment, interests, activities, self-expression and lifestyle will be somewhat different from your friends.

Separates are among the most versatile basic wardrobe components. Putting together several different separates requires a great deal of thought and planning. Complete the "Wardrobe Basics and Extenders" activity sheet and include it in your portfolio.

Wardrobe Basics and Extenders Activity

Below you will find images of different articles of clothing. Label each item as either a "basic" or an "extender" in the space provided.



Now that you have learned about wardrobe basics and extenders, you can use this information to coordinate outfits that match your lifestyle.

Part 4: Coordination Strategies


Each of us has noticed an unexpected combination of clothing items evolve into a great looking outfit. On the other hand, you can probably recall noticing an outfit that was anything but coordinated. Well put together outfits are the result of careful planning and the correct use of the elements and principles of design. What are the elements and principles of design?

The elements of design are the building blocks of good wardrobe. They include line, space, form, light, color, and texture.


The principles of design are the manipulation of the design elements to create a whole design. They include repetition, rhythm, contrast, emphasis, proportion, scale, balance, harmony, and unity.

Let's explore how the elements of design contribute to coordination strategies. A good design strategy emphasizes one element and adds other elements that harmonize. Following, are four coordination strategies based on the elements and principles of design.

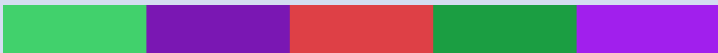
Monochromatic - containing or using only one color



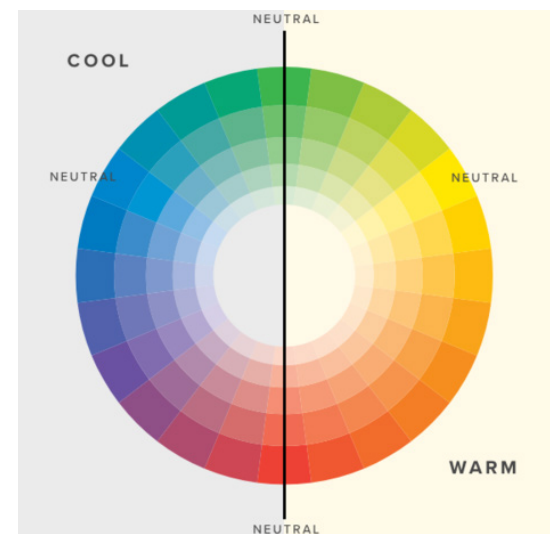
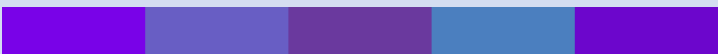
Complimentary - Complementary colors are two colors that are on opposite sides of the color wheel.



Split Complimentary - A split complementary scheme involves the use of three colors. Start with one color, find its complement and then use the two colors on either side of it.



Analogous - any one of a group of related colors that are near each other on the color wheel.



Color

- One color or color scheme should dominate in an outfit. Limit your use of individual colors to three, i.e. white shirt, navy slacks, orange tie. Repeat one of these colors again, or use a print fabric containing all three colors to tie your outfit together. Color schemes refer to monochromatic, complimentary, split complimentary and analogous color harmonies.
- Plan the use of color in your outfit to emphasize body features. Be sure to place your best colors close to your face and other skin showing areas.
- The regular repetition of a color will help to unify other colors used.
- Small amounts of a bright color will balance large areas of a neutral color. A small amount of a strong color contrast of light or dark will balance its opposite. Example: With a camel sweater dress, wear a turquoise or pink belt or scarf.
- For colors to be pleasing together there must be some element of similarity – color family, value, or intensity. Tints (light colors) harmonize with tints; shades (dark colors) go with shades; bright colors with other bright colors; dulls with dulls.
- Color can create mood. Bright, warm colors tend to evoke happiness; whereas dark, cool colors evoke drama.

Line/Shape

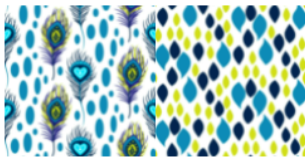
- Lines and shape are achieved through garment construction lines, garment silhouette, and applied decoration, trims, and buttons. Line direction and size have strong physical and psychological effects. Line and shape can appear to increase or decrease the size of the body; appear calm and restful, stiff and severe or excited and jerky.
- Select lines and shapes that flatter your body.
- Several types of lines usually exist in an outfit. However, one major line type and garment shape should dominate. Example: When you combine a top with a round neckline and soft gathered pouffed sleeves with a soft gathered skirt, round soft lines dominate. Repeating a line shows rhythm and continuity.

Texture

- Texture refers to a fabric's feel or touch, appearance and behavior. Fabric can be soft, rough, crisp, slick, cold, stiff, bulky, see-through, lightweight, etc. Some textures can also have patterns such as twill or herringbone suiting.
- Select textures that flatter facial and body features.
- Combining different textures adds variety and interest. But be careful not to use too many extremes in one outfit.
- Harmony can be achieved by combining similar texture types.

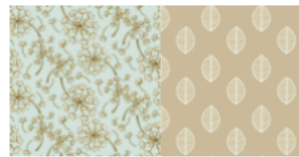
Pattern

- Size, shape, and spacing should be in scale with the size and shape of your body.
- When combining different patterns, have one theme, shape or color dominate. Different patterns should contain the same or closely related colors.
- The same pattern can be used in three to four different but coordinating colors.
- Use of patterns can take attention away from the silhouette or line of the garment and focus attention on its own composition.
- Smaller patterns are easier to mix than larger patterns. No two patterns should be the same size.



Dominant Colour

You can choose two different prints that share at least one dominant colour.



Two Neutrals

Pair two neutral colour prints. That combination style is a good alternative if you prefer calmer look.



Invert

If you want to use the same pattern, you can invert the colours.



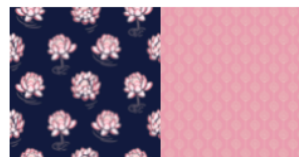
Bright and Neutral

Pair bright prints with neutral colour prints.



Opposite Colours

Pair same print with different colour. For bold combination, choose the ones that contrast each other.



Dominant and Accent

Choose one print to dominate and one as an accent.

Let's try out these clothing coordination strategies and see how they work. Generally, the more clothing items you have, the more complex the coordination activity will be. However, if you enjoy working with clothing, the extra time you spend putting together outfits can be fun. Experiment and then complete the Clothing Coordination Strategies activity and place it in your portfolio.



Clothing Coordination Strategies

Item selected: _____

Is this a basic or extender item: _____

What color is item: _____

What colors would coordinate with this item: _____

What type of lines/shapes does this item have: _____

What type of lines/shapes would coordinate with this item: _____

What texture does this Item have: _____

What textures would coordinate with this item: _____

List two to four items that you could acquire that would coordinate with your selected items:

1. _____ 2. _____

3. _____ 4. _____

Garment Purchasing Plan

Select one item listed on Page 9 and find three locations to purchase it, list those locations and the price of item at each location below.

Item chosen: _____

| Location of item | Price |
|------------------|-------|
| | |
| | |
| | |



Part 5: Putting it All Together

Wardrobe building is an ongoing task. There is not one way to go about it – just suggestions and guidelines that have worked for others. Everyone is different and we are constantly changing. As we change, so do our wardrobe needs.

In addition to the time-honored ways to coordinate garments, there are ways to increase the usefulness of your clothing. Consider the following suggestions:

- Basic or classic style garments last many seasons. They can be made fashionable and up to date by adding seasonal fashion-oriented accessories or hemline adjustments. They are frequently the bulk of your basic wardrobe items.
- Expensive purchases, such as coats, suits, and sometimes shoes, will be more versatile if styling, color, and texture are neutral or selected carefully to your wardrobe.
- Clothing items will be more useful if they reflect functional as well as structural and decorative needs. They will also be more versatile in your wardrobe.
- Fewer clothing items of good quality usually mix and last longer than do more items of poorer quality. Quality and versatility compensate for having fewer garments.
- Separates are great wardrobe extenders as well as basic components. They allow for greater wardrobe flexibility.
- Accessories are a very important part of the wardrobe. As the finishing touches of an outfit, they can pull together unrelated garment pieces.



Part 6: Completing Your Project

Now it's time to complete this project by acquiring one or more clothing items that can be coordinated with items in your existing wardrobe.

- Step 1 – Spend time studying your updated Wardrobe Inventory. Determine gaps in your wardrobe or identify clothing items that need to be replaced. You will need to show how each new item relates to your current wardrobe.
- Step 2 – Now that you have identified the item or items you would like to acquire, discuss them with your family or leader. Talk about how, when, and where the clothing item(s) could be acquired as well as how you think they will improve your existing wardrobe.
- Step 3 – It's time to acquire (purchase, construct, receive as a gift) your new wardrobe items.
- Step 4 – Place all completed items in your project portfolio.
- Step 5 – Put on your newly acquired garment(s) along with the coordinating items from your existing wardrobe and have photographs taken. Label and place the photographs in your portfolio. Participate in your local Fashion Revue and enjoy wearing your newly created outfit(s).

Leadership and Citizenship Activities

Leadership and citizenship activities are a part of every 4-H project. The following list should serve as a springboard of ideas:

- Assist your leader with meetings.
- Serve as a project teen leader and help younger 4-H'ers with their clothing projects.
- Assist with fashion shows for your club, school, or other community function.
- Model in fashion shows in local stores or community clubs.
- Help 4-H members with clothing demonstrations.
- Do news articles and radio or TV spots about club activities for local, school, and community newspapers and stations.
- Arrange to do a clothing display in the library or a local store on coordinating clothing items or some other topic of interest.
- Sponsor a grooming clinic for special groups.
- Assist with the clothing exhibit at your county, local, and area fairs.
- Help select costumes for a community drama club or the 4-H talent show.
- Collect clothing for home disaster victims.
- Help collect and recycle clothing for non-profits.
- Organize a display at school or in a department store window on clothing or a fabric-related topic.
- Offer to do chores or mending for someone who is unable to leave his or her home.
- Help involve local department stores in presenting programs to your 4-H group or club on accessories or how to shop for clothing.
- Work with younger 4-H'ers in teaching them how to mix and match clothing items.
- Help a friend or family member coordinate garments in their wardrobe.
- Give a demonstration on how to use a limited number of garments, coordinate several outfits and pack for a trip.

Project Exhibit/Fashion Revue

You must purchase, construct, acquire and/or recycle one or more garments and/or accessory items to complete at least one outfit based on your identified wardrobe needs and/or desires. The exhibit will consist of the notebook and the garment/accessories acquired.

Interview

The items acquired and/or recycled and their use in your wardrobe must be demonstrated by wearing them during an interview-modeling session. During the session you will be asked the following questions:

1. Explain why each item was acquired and whether it was purchased, constructed or received as a gift.
2. Whether the item is a basic component or a wardrobe extender.
3. Occasion(s) for which the outfit will be worn.
4. How you coordinate the acquired item(s) with other items in your existing wardrobe. Be prepared to demonstrate this during the interview.

Project judging will be based on the following:

- 50% The Portfolio – complete and organize all charts and activities (*see page 3 for information*)
- 20% The Interview – response to questions, behavior, posture, and poise
- 30% Coordination– garment/accessory line and design, texture, color, fit, accessories, value for money spent

| | What I Have | | | When I Wear It | | | Season | | | Condi- tion | | Attitude | | Check | |
|--------------------------------|-------------|--|--|----------------|--|--|--------|--|--|----------------|--|----------|--|-------|---|
| | | | | | | | | | | | | | | | Art of Clothing Coordination Garment Type |
| | | | | | | | | | | | | | | | |
| Coats/ Jackets/ Rainwear | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | |
| Suits | | | | | | | | | | | | | | | |
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| Blazers/Sport Coats | | | | | | | | | | | | | | | |
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| Blouses/ Tops/Shirts | | | | | | | | | | | | | | | |
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| Sweaters | | | | | | | | | | | | | | | |
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| Pants/Shorts/ Jeans | | | | | | | | | | | | | | | |
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| Skirts/Casual Dresses | | | | | | | | | | | | | | | |
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| Active/ Sportswear | | | | | | | | | | | | | | | |
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| Underwear | | | | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | | | | |
| Shoes/Boots | | | | | | | | | | | | | | | | | | | |
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| Socks/ Hosiery | | | | | | | | | | | | | | | | | | | |
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| Accessories (Ties, belts, bags, scarves, gloves, hats, etc.) | | | | | | | | | | | | | | | | | | | |
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