

CREATING FASHION

Expressing Self

1

EXPLORING SELF



Creating Fashion/Expressing Self

Exploring Self

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 clothing is best for you, you can make better wardrobe selections. When we feel good about our clothing and the story it shares it increases our self-esteem.

Creating Fashion/Expressing Self will help you learn to customize your wardrobe—to choose clothing you like and enjoy wearing. There are several ways of doing this. By the time you work through the project, you will know what they are and you will be able to select clothing you really enjoy wearing. You will learn to plan your wardrobe or customize your clothing:

- With styles that make the most of your figure type
- With clothes that flatter your individual coloring
- With clothing based on personal style and those that fit your activities
- By making the most of the clothes you already have

You cannot just throw away clothes you do not like; instead, you can learn to add items or colors that make them work for you.

Book 1 - Exploring Self is designed for high school Freshman.

Project Workbook Objectives

To complete this project:

- Young people will understand the impact of others on their self-esteem.
- Young people will understand how their physical body impacts fashion selection.
- Young people will begin to explore their own fashion tastes.
- Young people will understand the impact of others on their self-esteem.
- Young people will be able to identify their skin type.
- Young people will be able to identify their most flattering colors.
- Youth will understand different fashion styles.
- Youth will be able to identify real world examples of different fashion styles.
- Youth will keep records of their own wardrobe.
- Youth will plan a smart shopping trip.

Creating Fashion/Expressing Self Portfolio

As you progress through the activities in *Creating Fashion/Expressing Self*, you will need to put everything together in a portfolio. There will be a number of charts to complete and many of the activities build upon each other. Your portfolio will be a good reference for planning, coordinating, and shopping for wardrobe essentials.

Your portfolio must include the following in this order:

1. Title page with a personal photograph; title of project book; your name
2. Personal Profile including: Analyzing Body Features, Selecting Colors, Find Your Style, and Clothing and Your Lifestyle
3. Wardrobe Inventory
4. Finding Your Style Lookbook
5. One or two pages of photographs which visually describe you as an individual.
 - Include pictures of yourself involved with people and activities which help express who you are and what you enjoy doing.
 - Also include one picture of yourself modeling the garment and/or accessories you acquired. (Include one picture per outfit. If items were purchased and/or made that do not coordinate with each other, include additional photographs representing the outfits with which they coordinate.)
 - All pictures should be labeled and include descriptions of what they represent.

If you choose to participate in the state fashion revue, this portfolio must accompany you and your clothing selection entry. Entry details are outlined as you progress through the project activities.



Part 1: You are the best you

The most exciting and successful people are those who know who they are and feel comfortable with themselves.

The clothing you select portrays a lot about the way you perceive yourself and how you want others to perceive you. By recognizing and incorporating your individual characteristics, you will select clothing that is right for you.

Your Fashion Self

Fashion is the story of us and the story of us is constantly changing and evolving but has an anchor to the past. Think about the things you enjoy, the place you live, and what traditions your family has. Use the prompts below to help you think about who you are and what your fashion story is.

My name is:

The story behind my name is:

I could talk for hours about:

I am most confident when:

I am least confident when:

One story my family/friends always tell is:

My favorite memory is:

My ideal future is:

The Physical You

Your body is your foundation for clothing. Even though all people are alike in many ways, they come packaged in a great variety of shapes and sizes. Some are tall, while others are petite; some have narrow shoulders, others have broad shoulders; the differences are too many to name. There is no "ideal body" shape but a wide variety to be celebrated.

You need to have a sense of familiarity with your body in order to choose clothing that flatters you. If you have shopped for clothing and had the experience of trying on garments made by various manufacturers, you are aware that manufacturers do not use the same set of garment measurements. That is why some brands tend to fit you better than others. In addition, some manufacturers construct clothing lines according to body shape categories. You may already be familiar with them.

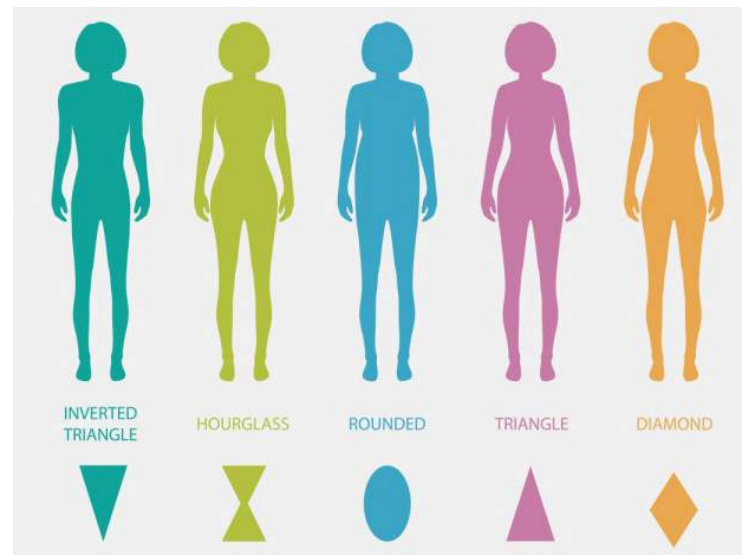
Sizing yourself up

Make a personal silhouette or fashion croquis. Remove any loose fitting shirts or sweaters. Position yourself in front of a light colored wall. Have someone take a photo. Print your photo and trace the outline of your body onto a plain piece of paper.

Analyze your silhouette to identify your body type. The five basic shapes are inverted triangle, hourglass, rounded, triangle and diamond. Knowing what body type you are will help you pick clothing and accessories.

Croquis

a sketched drawing of your personal silhouette



Complete the Analyzing Body Features chart. You may find it helpful to ask the advice of a family member—especially if you do not have a full-length mirror to examine your body proportions.

Circle or highlight the appropriate body features which best describe your body.

| | | | | | | |
|-------------------------|-------------------|-----------------|-----------------|---------|----------|---------|
| Analyzing Body Features | | Date Completed: | | | | |
| Silhouette | | | | | | |
| Height | Tall | Average | Short | | | |
| Shape | Slender | Plump | Stocky | Angular | Curvy | |
| Type | Inverted Triangle | Rectangle | Hourglass | Rounded | Triangle | Diamond |
| Face | | | | | | |
| Shape | Oval | Round | Square | Pear | Heart | Diamond |
| Skin | Smooth | Rough | Combination | | | |
| Neck | | | | | | |
| Length | Long | Average | Short | | | |
| Width | Wide | Average | Narrow | | | |
| Shoulders | | | | | | |
| Width | Broad | Average | Narrow | | | |
| Slope | Sloping | Average | Square | | | |
| Arms | | | | | | |
| Length | Long | Medium | Short | | | |
| Size | Thick | Average | Thin | | | |
| Upper Torso | | | | | | |
| Chest | Muscular | Average | Slim | | | |
| Bust | Large | Average | Small | | | |
| Waist | | | | | | |
| Placement | High | Average | Low | | | |
| Width | Large | Average | Small | | | |
| Abdomen | | | | | | |
| Shape | Convex | Flat | Concave | | | |
| Back | | | | | | |
| Contour | Overly Erect | Normal Curve | Excessive Curve | | | |
| Hips | | | | | | |
| Size | Wide | Average | Narrow | | | |
| Legs | | | | | | |
| Length | Long | Average | Short | | | |
| Contour | Thick | Average | Slim | | | |
| Other | | | | | | |
| | | | | | | |

Celebrating Your Body

Clothing serves as packaging for your body. It can be an excellent tool to help attain the overall effect you wish to accomplish.

The charts below provide some information on the lines, designs, and textures that highlight various body types. With the knowledge you have gained so far, which category do you feel most represents you?

| Short Full | Short Slim | Tall Full | Tall Slim |
|--|---|---|---------------------------------------|
| Solid-color suits | Well-fitting styles | Shaped, two-button jacket | Shaped and fitted jackets |
| Single-buttoned suits | Shaped jackets | Straight jackets | Plain or pleated trousers |
| Shaped jackets, not fitted | Belted jackets | Medium-scale designs | Solid and patterned textures |
| Subdued stripes | Stripes and plaids in scale with body | Pleated trousers | Turtleneck, cardigan, V-neck sweaters |
| Pleated trousers | Vested suits | Cardigan sweaters | Vested suits |
| Vertical lines | Plain-top trousers | Easy-fitting styles | Bold prints |
| Open or collarless necklines | V-neck sweaters | Simple, understated designs | Soft silhouettes |
| Medium-to-small prints Smooth, straight, or slightly gathered sleeves | Empire, high-waisted lines | Coat and jacket dresses | Skirts with gathers |
| One-color tone-on-tone outfits | Small-scale patterns, | Bold neckline scarves to direct attention to the face | Outfits of two (or more) colors |
| | Prints, and designs Can wear most items! | Medium-scale designs | Full sleeves |
| | Small items, in scale to figure | Wide-leg pants | |
| | Solid-color belts | | |

Part 2: Finding Your Color

Color is one of the most exciting dimensions in nature...and in clothing. The secret is to learn which colors make the most of your appearance and which colors you should use in moderation.

The place to start is with your own personal coloring: hair (natural color), eyes, and skin (without makeup). Skin tone is the most important factor in determining colors that look best on you, although hair and eyes are also important. Look at yourself in natural daylight.

We can use the Fitzpatrick scale to find out skin tone. This scale can be helpful because it not only helps find the best colors for us but also can be used as a tool to make informed decisions about sun protection.

Using to chart to the right, provided by the British Association of Dermatologists, identify what type of skin tone you have.

| | |
|---|--|
|  | TYPE 01 Pale skin, burns very easily and rarely tans. Generally have light coloured or red hair and freckles. |
|  | TYPE 02 Fair skin that usually burns, but may gradually tan. Some may have dark hair but still have fair skin. |
|  | TYPE 03 Skin that burns with long or intense exposure to the sun but generally tans quite easily. |
|  | TYPE 04 Olive-coloured skin that tans easily, but could possibly burn with lengthy exposures to intense sunshine. Usually have brown eyes and dark hair. |
|  | TYPE 05 Naturally brown skin, with brown eyes and dark hair. Skin darkens easily with sun exposure and only burns with excessive exposure to the sun. |
|  | TYPE 06 Black skin with dark brown eyes and black hair. Skin very easily darkens on exposure to sun and would very rarely, if ever, burn. |

Another important aspect is the undertones in our skin. People with cool undertones appear to have more blue or blue-pink skin tones, while those with warm undertones have more golden (even orange) skin tones. You can also hold a gold piece of fabric and a silver piece of fabric under your chin, if the gold piece makes your complexion and eyes come to life you have a warm tone, if the silver piece makes your complexion and eyes come to life you have a cool tone.

To determine hair and eye color, examine yourself in front of a mirror in daylight. What do you see?

| My personal color is: (Circle one in each category on each line.) | | | | | | |
|---|--------|--------|--------|--------|--------|--------|
| Skin Tone | Type 1 | Type 2 | Type 3 | Type 4 | Type 5 | Type 6 |
| Undertone | Warm | Cool | | | | |
| Hair Tone | Light | Medium | Dark | | | |
| Hair Color | Blonde | Brown | Black | Red | | |
| Eye Color | Blue | Green | Grey | Brown | Black | Hazel |
| Eye Tone | Light | Medium | Dark | | | |

The following chart helps you experiment with color, using color swatches with your 4-H project group, a group of your friends, or family.

Selecting Colors

Directions: Drape the fabric across your shoulders and around your neck until no other fabric or color shows. Ask one member of the group to record the reactions of the group on your chart. Use this chart to help you determine your best colors.

| How Does It Look? | | | | | | |
|-------------------|----------------|----------------|----------------|----------|----------|---------|
| Color Name | Effect on Skin | Effect on Hair | Effect on Eyes | Good (+) | Okay (0) | Bad (-) |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Date Completed: _____

My three most flattering colors are:

_____, _____, _____

If you are completing this project on your own, you will need to ask a friend or family member to help you. Begin by locating a variety of different colored fabrics large enough to be draped across your shoulders (one-half to one yard in length). Use as many different color families as possible.

Your 4-H agent, Family and Consumer Sciences agent, or volunteer project leader may also have other activities you can complete that will help determine the colors that look best on you.

See examples of possible color palettes on **Page 16**. As a reminder these are not the only seasonal color palettes. If you are interested in creating your own color palettes you can explore tools such as Adobe Color at <https://color.adobe.com/> or <https://coolors.co/>

Part 3: Style by You

Personality... The Real You

Your personality is equally important. The clothing you wear should be an expression of you. When you learn how to make clothing work for you and use it as a means of expressing who and what you are, then you have developed your own personal style. **Remember the most authentic version of you is also the most beautiful!**

Find your style

With the knowledge of color and how it effects your overall look you can explore different types of style that you are drawn too and are most confident in. Take some time to research different styles and create a look book with at least two outfits for each season for a total of 8 looks. Your lookbook should have a cover with the style listed and an explanation of what draws you to that style. Some potential styles to pick from include:

Vintage Historical Bohemian Artsy Western Trendy Casual Hip Hop Vibrant
Grunge Punk Elegant Chic Kawaii Kpop

Clothing and Your Life Style

Clothes are selected, in part, to assist you with the type of life you lead. They should not just express who you are but also be functional for your activities. When planning a wardrobe consider the types of activities in which you are involved.

Take time to think about things you must do, as well as things you like to do.

- Can you relate your activities and life style to your clothing needs?
- Can you relate your activities and life style to the type of clothes you have in your closet?

Personal Data (Check the most appropriate description.)

1. Describe where you live: ___ farm ___ small town ___ urban ___ suburban
2. What types of things do you do on a normal day? _____

3. List the school and community clubs and organizations in which you are involved: _____

4. List the six adjectives which you think best describe you. These do not have to be related to clothing.

You may find it helpful to refer to the Personality Characteristics found in the leader's guide.

Date completed: _____

Part 4: Wardrobe Planning, an Artform

Wardrobe Inventory

The next major step in building a good wardrobe is to look at the condition of your current wardrobe. What clothes do you already have?

There are many ways to look at your clothing. One of the easiest is by season. This is how retail stores generally handle, display, and advertise clothing and accessory items.

Decide which of the seasons you would like to work with first. If you are having trouble deciding which seasonal category to inventory, consider these questions:

- Which season of my wardrobe needs the most attention?
- Which season are we currently in?
- Is there a special event coming up soon for which I will need some new clothes or to make some changes in my wardrobe: school starting, quinceanera, new job, or a trip?



Now, you're ready to start! Go through your present wardrobe, item by item, and make a list according to the clothing categories given. Each item of clothing should be classified on the basis of style—A-line skirt, trench coat, V-neck sweater, etc.; color; where you wear it; the season; its condition; and your attitude toward it.

Note: Your Personal Wardrobe Inventory is a key step in the completion of Creating Fashion/Expressing Self. If possible, plan to spend several hours working with your wardrobe. You may want to ask a relative to help you with fitting and assistance in determining when clothing items need to be retired or recycled.

The following inventory chart may not provide enough room under a category or categories may not be listed in which you have clothing items. Feel free to create your own similar chart or spreadsheet. Include your inventory in your project portfolio.



| | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Underwear | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Shoes/Boots | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Socks/ Hosiery | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| Accessories (Ties, belts, bags, scarves, gloves, hats, etc.) | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| Other | | | | | | | | | | | | | | | | |
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| | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | |



How often will you be able to wear the acquired item(s)? _____

What occasion will you wear the acquired item(s)?

- Year round to school
- Year round for dress-up
- In the summer for dress-up
- In the winter for dress-up
- In the summer for casual occasions
- In the winter for casual occasions
- Year round for all occasions
- Only for special occasions

How will you obtain the item(s)

- Make it myself
- Purchase it
- Recycle an existing item
- Receive as a gift

If the item(s) are to be purchased, how much can you afford to spend? \$ _____

Estimated cost of the item(s) \$ _____

Actual Cost incurred: \$ _____

Cost difference (over or under) \$ _____

Date Completed: _____



Evaluating Clothing Needs and Desires

You have just completed the two most important steps in planning and building a good wardrobe: the inventory and the garment plan.

As you acquire new items and remove others, update your inventory sheet. Spend some time examining your Wardrobe Inventory. You may want to include your guardian(s) in the decision-making process, especially if money is involved or other assistance is needed.

How do you know which clothing item(s) to acquire first? Consider when you will need the item(s). If your only head wrap was chewed up by the dog and you are planning an overnight stay at a friend's house, the head wrap may take priority over the other items listed. Is the time involved in making a headwrap reasonable? If not, you may find it necessary to purchase one.

Weigh each clothing item listed on the basis of need and your individual or family circumstances. You may find it helpful to rank each item with a number to the right of the last column on your Wardrobe Inventory to indicate the order for adding to your wardrobe.



Making a Wise Purchase

Getting the most out of your wardrobe budget takes skill. Good shoppers plan carefully, look for quality merchandise, and then purchase wisely.

Getting the most for your money is important. Whether you purchase a pair of socks or a winter coat, quality is important. Before you purchase any clothing, examine its quality. Purchase the best quality possible, keeping in mind how you plan to use the item and for how long.

Summary

Your personal appearance communicates a great deal about who you are. Although clothing is only one of several factors which make up your personal appearance, it can say more about you than all the other factors put together.



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.

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

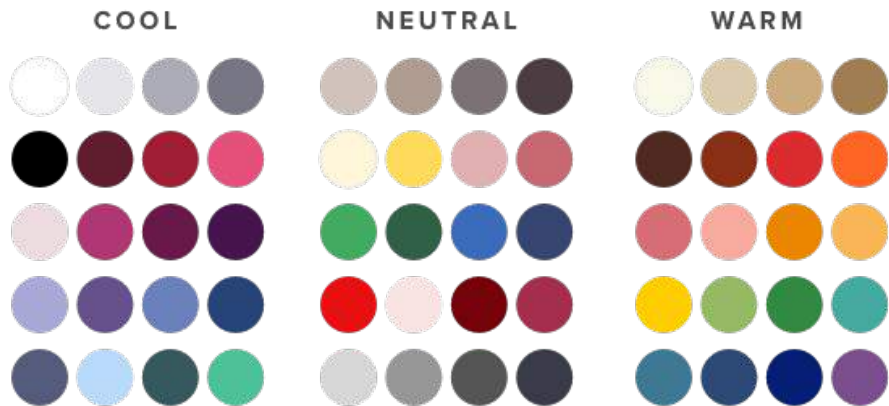
The items acquired and/or recycled and their use in your wardrobe must be demonstrated by wearing them during an interview-modeling session. During the session you will be asked the following questions:

1. Which item(s) was(were) acquired?
Explain how the items were acquired.
2. How does the item fit into your wardrobe:
3. While doing your clothing inventory, did you identify other clothing items you need: If yes, explain what items were identified and if you have plans to acquire the needed items.



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



Notes

The image shows a spiral-bound notebook page with a red cover. The page is white and features horizontal ruling lines. The word "Notes" is written in a black, italicized serif font at the top center. On the left side, there is a silver metal spiral binding. On the right side, there are several colorful tabs protruding from the notebook, including orange, teal, yellow, light blue, green, pink, and light orange. The page is otherwise blank.

Notes

A series of horizontal lines for writing notes, spanning the width of the page below the title.



Notes

Lined writing area with horizontal ruling lines.



References

- Freer, A. (2015). *How to Get Dressed: A Costume Designer's Secrets for Making Your Clothes Look, Fit, and Feel Amazing* (Illustrated ed.). Ten Speed Press.
- Holden, C., & Segar, G. (2020). *The Men's Style Guide: Capsule Wardrobe Essentials for Casual & Business Wear*. Independently published.
- Solari, S. (2017). *The Blouse and Skirt Handbook: Book 2 of the Stylish Upgrades Series find the hidden JOY in your wardrobe (Stylish Upgrade Series)*. Independently published.