

Reuse, Reduce, Recycle

Educational Module Toolbox

Dear reader

Welcome to the educational toolbox for “Reduce Buying,” “Repair Your Clothes,” and “Reuse Your Clothes.”

In these pages, you'll learn about the environmental impact of textiles and get the tools you need to make a positive change. This toolbox is about understanding and taking action, not just raising awareness.

Here, theory meets practice. You'll explore the effects of fast fashion and brainstorm sustainable alternatives, focusing on reducing, reusing, and repurposing. This isn't just about learning—it's about doing. The workshops and challenges in the following pages encourage you to get involved, with tips and techniques to turn old clothes into something new and exciting. Most activities are designed for groups, so you can share knowledge, inspire creativity, and build a sense of responsibility within your community.

This toolbox is complementary to our educational modules “Reduce buying,” “Repair your clothes,” “Reuse your clothes” and is aimed to deliver its content in an engaging and interactive manner. The methodology is based on principles of Non-Formal Education and experiential learning. The presented tools are mainly designed for young people aged 13-30 years old and most of them are a mixture of group work and work in pairs. They can be applied both by youth work sphere representatives as well as by active young people themselves.



To endless discoveries!
“4F- Fast Fashion? Fast Forward!” project team

Graphic Design: Lusine Ishkhanyan

Sustainable Treasure Hunt

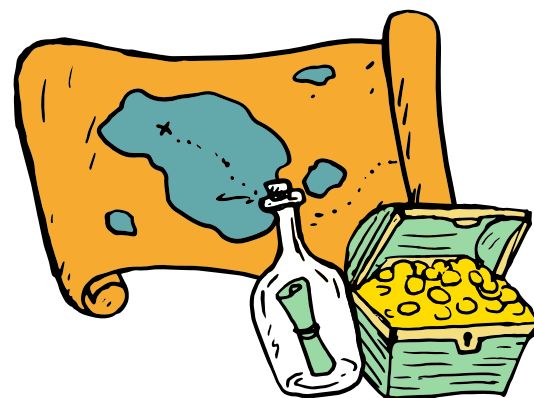
Objective

The objective of the tool is to empower young people to become advocates for sustainability in their own community and create value in the process.

Context

The "Sustainable Fashion Treasure Hunt" is an exciting initiative that places the spotlight on promoting sustainable fashion and elevating environmental awareness. It uses a diverse set of creative and interactive methods to guide participants in the treasure hunt, aiding them in comprehending and valuing the importance of sustainable living. This treasure hunt offers a playful and educational adventure. It encourages participants to embark on explorations in places and environments where sustainable fashion is at the forefront. From eco-friendly initiatives, upcycling and recycling opportunities to repair stores and a journey back to nature, the treasure hunt becomes an engaging voyage into the realm of sustainability, led by our spiritual connection to the natural world.

It's all about getting involved and discovering the secrets of sustainability, from being environmentally conscious to reducing our consumption, from reducing waste to living a sustainable lifestyle. In the midst of our hectic urban lives, it's a "breath of fresh air" that brings us closer to more nature-friendly solutions. So get ready for an exciting journey into the world of sustainable fashion!



Type

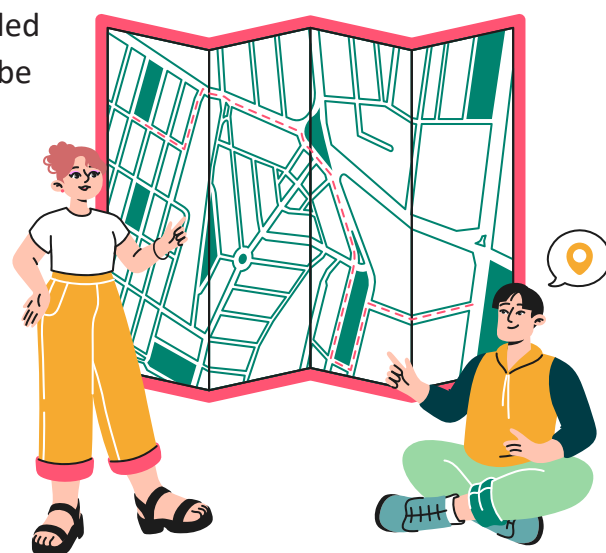
Group work (from 3-6 people in each group) and maximum advised number of participants is up to 30 in total.

Instructions

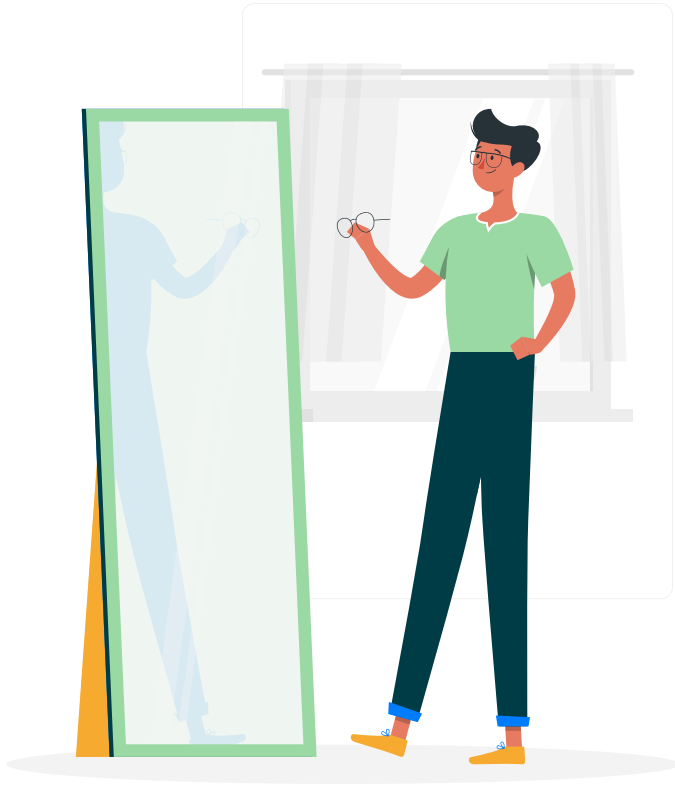
Give each group of learners a handout with tasks to be fulfilled
You can print the handouts or send them digital versions to be more eco-friendly.

The handout can be found on the last page of this tool.

Complete these tasks as a group! Remember to document your fulfilled tasks! Have Fun!



Reflection questions could be



- What did you learn about new sustainable behaviors or choices during the game?
- How did the game increase your awareness of environmental issues, especially in the field of fashion?
- Were there specific challenges or clues that highlighted the impact of human activities on the environment?
- Did you find that working together was essential for solving sustainability-related challenges?
- Can you identify ways to incorporate these sustainable behaviors into your daily routine?
- How did the game prompt you to reflect on your fashion consumption habits?

Needed Materials

Printed tasks or shared with the group members online.



Timing



Part 1: Treasure hunt 2-4 hours. After that, incorporate a break.

Part 2: Presentations (5-7 min for each group) around 20 min for 4 groups.

Part 3: Discussion 15 min.

Adjustment tips

Depending on the realities in your communities, please feel free to adjust the tasks in the treasure hunt activity. Also, you can change the timing according to your groups and the location you choose for the activity.

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Sustainable Fashion Treasure Hunt

**Get To Know [YOUR CITY]
Via Sustainability Lenses**



HAVE FUN! :)

1

Hug a tree. All of you. Together. For at least 10 seconds. And then make a research on fabrics made of wood.



2

Find upcycled fashion items, such as repurposed clothing, or DIY projects that promote upcycling and creativity. Either someone wearing it or in a store. Take pictures!



3

Take a picture of at least one of you with a living and moving creature - bug, fish, bird, ... showing also your cool outfit.



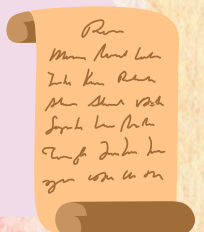
4

Find a store where they sell textiles, patches, needles, threads, zippers, ... or any other material needed to repair clothing. If you can think of any damaged piece you have at home and you feel ready to fix it, get what you need for that! Share what it was.



5

Create an artistic piece on what sustainable fashion means in your world. Record it. Be it a Song, Poem, Living sculpture, ... Be creative!



6

Find clothing donation centers or textile recycling bins, this way understanding more the circular fashion economy.



7

Find one person whom you never met before and shoot a short interview about their favorite place on planet Earth, how is it affected by climate change, how they want it to look in 30 years, and what they can and want to do in order to make this vision reality. Do they think their fashion consumption has an effect in this sense? Shoot a video or make an audio recording!



8

Go to a library or book store and show a "sustainable fashion" related book you recommend us reading!



9

Explore vintage clothing stores to find unique, timeless pieces from past eras. Make a fashion show in the fitting rooms.



10

Visit local eco-fashion events, workshops, or exhibitions where you can learn about and support sustainable fashion initiatives in your city.



11

Make it to a thrift store, second hand store, flea market, pre-loved things store and take a short video on their offer.



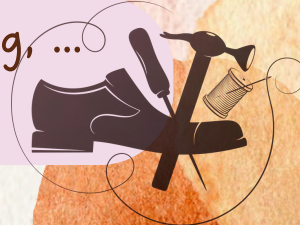
12

Take a picture of a sustainable clothing brand store making you the background.



13

Find a place where they repair - shoes, bags, clothing, ... and ask how their business is going.



Clothes are an Investment!

Objective

The objective of this tool is to make young people consider buying clothes as an investment in quality, versatility, and personal expression, and develop a more mindful, conscious and strategic approach to building their wardrobes.

Context

Buying clothes can be considered an investment when approached with a focus on quality, versatility, and longevity. Instead of viewing it solely as a transactional expense, we can think of clothing purchases as strategic investments in our personal image and well-being. Choosing high-quality garments ensures durability, reducing the frequency of replacements and, ultimately, saving money over time. Opting for versatile pieces and timeless styles allows for a more adaptable wardrobe, providing numerous outfit possibilities without constantly adding new items. Considering the long-term benefits underscores the idea that thoughtful clothing choices can yield returns beyond immediate satisfaction, transforming the act of buying clothes into a meaningful investment in both personal style and practicality.



Type

Group work (from 3-6 people in each group) and maximum advised number of participants is up to 30 in total.

Instructions

Begin with a brief discussion on personal experiences with shopping for clothes. Ask participants about their usual approach to buying clothes and how often they find themselves replacing clothing items in their wardrobes.

Place a question: "Have you ever considered that buying clothes can be viewed as an investment rather than just an expense?"

Divide participants into small working groups.
Each group will have the following tasks:

1. Make a wardrobe audit! This means to visualize items in their wardrobe, categorize them, evaluate items' conditions - are they new, already worn out, need repair?

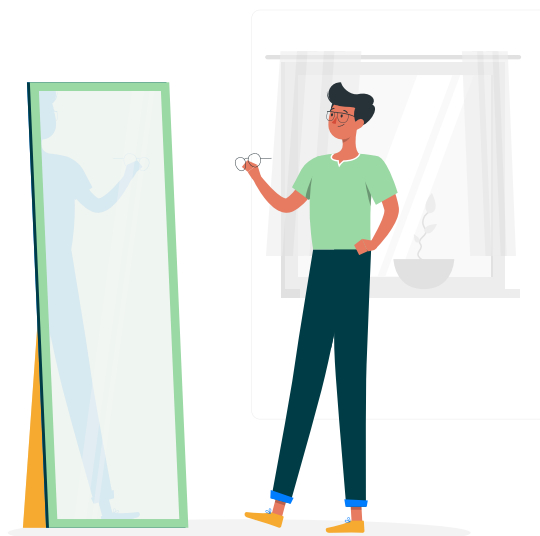
2. Create piles and keep items you love and fit well, you can donate or sell the rest, you can repair what needs to be repaired, and what is worn out or in a very poor condition, consider recycling.

3 . Evaluate what percentage of your wardrobe items you don't wear or haven't worn for the past 1 year, what percentage is high quality that have served you for a long period and still can, what percentage is low quality and was not a really good investment? If you were to buy these items again, what would you buy and what not anymore?

Reflection and discussion in a larger group.

Reflection questions could be

- How did you feel during the process?
- What unexpected discoveries did you have?
- Did you uncover gaps and needs in your wardrobe?
- Do you think you are a good investor in clothes?
- How this activity will influence your next clothing purchase?



Needed Materials

For this activity you don't need any materials, but in case participants want to make notes, provide them with pens, markers, A4 papers and a flipchart with flipchart papers can be useful for the presentation.



Timing



75-80 min. Introduction to the topic (15 min), work in groups (40 min), discussion and reflection (20-25 min).

Adjustment tips

This activity can be done individually at home in front of your wardrobe. It can be done with friends at someone's place and can be done online giving learners time to investigate their wardrobe and share results.

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Reviving My Wardrobe

This tool can be used separately as well as be the continuation of the previous topics.

Objective

The objective of this tool is to make learners reflect on reducing buying clothes and fostering a more sustainable approach to fashion.

Context

Creating a capsule wardrobe is a fantastic way to streamline your clothing collection, emphasizing quality, versatility, and personal style. A capsule wardrobe is a collection of essential, timeless, and versatile pieces that can be mixed and matched to create various outfits. It has many benefits, such as simplifying choices, reducing clutter, and better understanding our own needs in clothing.



Type

Individual work that can be followed by a discussion in small groups or pairs.

Instructions

Invite learners to a small discussion about the psychology of consumerism and the factors that drive impulsive purchases. For example, ask if they have ever bought clothes influenced by sales marketing or fast fashion trends. And then don't wear these garments often or at all. Discuss how learners can identify quality clothing items and timeless pieces that they will wear for a long time and that will remain fashionable or evergreen.



Explain the concept of a “capsule wardrobe” as a minimalist collection of clothes that can be combined in different ways to create a variety of outfits for various occasions. Discuss the benefits of a capsule wardrobe, such as saving money, reducing decision fatigue, and promoting sustainability.

Afterwards, invite learners to work individually. Provide fashion magazines, catalogs, or access to online fashion images in different areas of the working room so learners can use them. Ask learners to stay in the training room so you can guide them and explain the task step by step. Learners will have the following tasks:

- Select images or cutouts that resonate with their personal style.
- Reflect upon the chosen images to understand their style preferences (e.g., what exactly they like about that style).
- Identify key colors for their capsule wardrobe.
Assess their lifestyle needs by reflecting on their daily activities, work, and social life.
- Identify key wardrobe needs based on their lifestyle, ensuring the capsule wardrobe suits various occasions and doesn't include items they have no place to wear.
- Select the essential pieces of their wardrobe (e.g., basic tops, bottoms, outerwear, accessories).

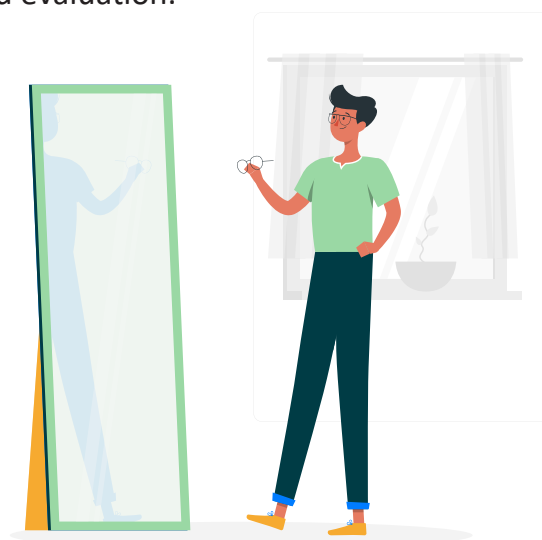
Learners can then make a checklist, marking off items they already have and identifying gaps they need to fill.

To organize a discussion and sharing among learners, you can either invite them to work in pairs or in small groups (maximum of 4 people per group).

At the end of the activity, organize a plenary reflection and evaluation.

Reflection questions could be

- How was the process for you?
- How much does your created “capsule wardrobe” differ from your actual one?
- What insights did you have during the process?
- How did others inspire you or maybe give useful tips?
- What are the key takeaways from this activity?



Needed Materials

Fashion journals /1 for each group/, A4 papers, pens, markers. To be eco-friendly, you can ask your learners to make notes in their smartphones or use individual whiteboards.



Timing



85-90 min. Introduction to the topic (15 min), individual work (30 min), work in groups or in pairs (20 min), group discussion and reflection (20-25 min).

Adjustment tips

This activity can be done individually at home, with friends at someone's place, or online. You can also add a challenge where participants create a "capsule wardrobe" with a limited number of items (e.g., a maximum of 20 items).

Clothing SWAP

Objective

The objective is to help communities and groups communicate the sustainable fashion topic in an engaging and fun way, while expanding networking and outreach possibilities.

Context

Organizing a clothing SWAP event can be a fun and sustainable way to refresh your wardrobe while reducing textile waste.

Here's a step-by-step guide to help you organize a successful clothing SWAP.



Instructions

Prepare for the event

- Set date and place! Choose a date and time that works for your target audience and secure a venue that is spacious enough to accommodate the number of participants you expect.
- Spread a word about your event! Promote your clothing SWAP through social media, email, flyers, or word of mouth, and engage other stakeholders from your community too. Encourage participants to bring gently used clothing items that they no longer wear but are still in good condition and have the potential to make someone happy.
- Establish guidelines! Clearly outline the rules for the clothing SWAP, including what types of items are accepted (e.g., clothing, shoes, accessories), the condition they should be in (clean and undamaged), and any specific guidelines regarding the season (e.g. spring SWAP), size or style.

Ask participants of the event to stick small notes about the items they brought (eventually put the small notes with stories into the pockets of garments); it can be fun and interesting to read the story of the garment and the importance for the previous owner who was ready to exchange the piece.

On Spot

- Create Categories! To make browsing easier, categorize the clothing items by type (e.g., tops, bottoms, dresses) or size. Set up designated areas or racks for each category to keep the event organized.
- Organize the Space to catch an eye! Arrange tables, racks, or designated areas for displaying the clothing items. Make sure there is enough space for participants to browse comfortably and try on clothes if needed. Consider providing mirrors and seating areas.
- Check in your event guests! As participants arrive, have them check in and register their items for the SWAP.

- *** Optional:** you can use tags or stickers to label each item with the owner's name or a unique identifier if needed or requested.
- Warm up and network! Tell a bit how you came up with this idea, and why it is important for you. Ask your event guests to introduce themselves, have a small get to know each other and ice breaking activities.
- SWAP time! Once you have a small getting to know each other, allow participants to browse and choose items to take home. You can organize the SWAP in different ways, such as allowing participants to take a certain number of items in exchange for the items they brought, or using a ticket-based system where each item has a corresponding ticket value.



After your awesome event has ended!

- Donate remaining items. Consider donating any leftover clothing items to local charities or organizations in need. This ensures that nothing goes to waste and helps support those in your community. Alternatively, use the remaining pieces of clothing at your upcycling workshops.
- Follow up! Send a thank-you email to participants, and also use social media thanking them for attending and contributing to the success of the event. You can also gather feedback to improve future clothing SWAPs.
- Promote similar events! Encourage your target group to continue practicing sustainable fashion choices by organizing and/or attending more clothing SWAPs and similar events.

Needed Materials

Spacious venue, chairs, tables, hangers, racks, mirrors, space that could serve as a fitting room.



Timing



Take your time to prepare thoroughly!

The event itself can last around 90 min. Welcoming and introduction to the topic (15 min), getting to know each other and networking (35-40min). SWAP (30-35 min).

Adjustment tips

If time allows, consider extending your SWAP event. Encourage participants to get involved in co-organizing by helping maintain the space, gathering leftover items at the end, engaging in conversations, bringing food to share, and socializing to expand the network of like-minded individuals. This collaborative effort can make the event more enjoyable and meaningful for everyone.

Patching is Fun

Objective

The objective of this tool is to teach participants the basics of patching clothes, including selecting appropriate materials, various stitching techniques, and creative design options.

Context

Patching your clothes is beneficial for several reasons, including sustainability, cost savings, creativity, and personal satisfaction. By patching your clothes and giving them a new spirit helps to reduce waste and pollution, it saves money which young people can use elsewhere and last but not least it makes what you wear a very unique item with hand made touch and personalized style.



Type

Group work, with 3-5 people in each group. The maximum advised number of participants is up to 15 in total.

Instructions

Begin with a discussion on the importance of repairing clothes and the benefits it offers. Allow learners to brainstorm ideas first, and then supplement their thoughts with additional points they may not have mentioned. For this activity, having patching experts is crucial. The facilitator can take on this role if they have the necessary skills; otherwise, it's strongly recommended to invite experts. Ideally, there should be 1 expert per 5 learners. If the group has intermediate or advanced experience in patching, you can invite 1 expert per 10 people.

Next/ either facilitator or experts/:

- explain the types of fabrics and patches available,
- discuss the tools needed for patching and if needed do small tutorials to teach learners how to use them (needles, thread, scissors, stickers, etc.),
- describe different patching techniques (e.g., visible mending, invisible mending, decorative patches, embroidery, etc).

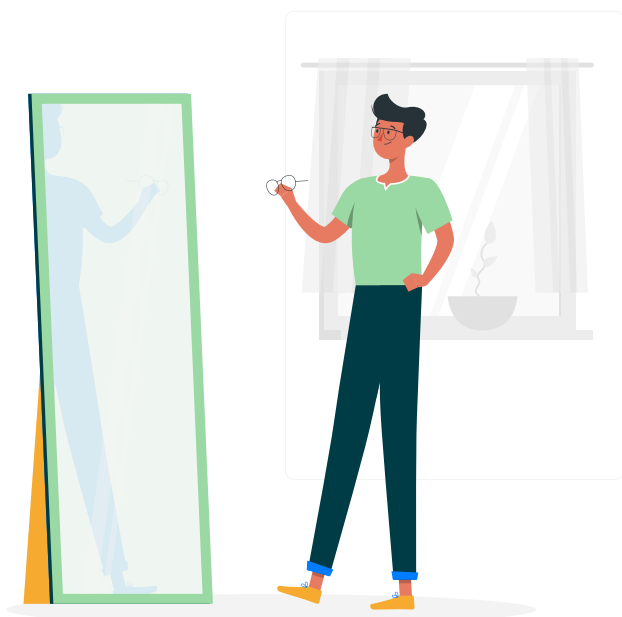
(Depending on your resources there can be different tools, materials and techniques used accordingly.)

Demonstration of a few techniques will be required here. Consider things like showing learners how to prepare a garment for patching, demonstrating simple hand-stitching techniques for securing patches, providing tips for choosing the right patch for different types of damage.

Please also instruct learners for safety measures, so nobody gets hurt during the workshop.

Afterwards provide time and space for learners to practice and create their unique designs, reviving old or damaged clothes.

Reflection questions could be



- What did you find most enjoyable about patching your clothes?
- What challenges did you encounter, and how did you overcome them?
- How do you plan to use your patching skills in the future?
- Can you think of other ways to creatively repair or upcycle clothing?
- How has this workshop changed your perspective on clothing repair and sustainability?

Needed Materials

You need to tell learners beforehand to bring garments that they would like to patch. On the spot you will need different materials depending on your capacity. They may include: needles and thread (various colors and thicknesses), scissors, thimbles, pins, iron and ironing board, measuring tape or ruler, sample garments with holes or tears, embroidery hoops, printed handouts with instructions and examples, writing materials for taking notes.



Timing



95-110 min. 15 min for the introduction to the topic, 20 min for the demonstration and instructions, 40-50 min for work in groups. Group discussion and reflection (20-25 min).

Sustainable Fashion Challenge!

Objective

This activity aims to empower young learners to make conscious choices about their clothing consumption; promote sustainable fashion practices and develop practical skills in upcycling, thrifting, and mindful laundry habits; raise awareness about the environmental and social impact of the fashion industry; and encourage creativity and resourcefulness in clothing choices.

Context

The fashion industry is a major contributor to environmental pollution and resource depletion. This challenge provides a platform for young learners to explore alternative approaches to fashion that are more sustainable and ethical. The Sustainable Fashion Challenge! is a long-term activity that encourages young learners to explore sustainable practices in fashion. Through a series of challenges with varying difficulty levels, participants can earn points and gain valuable knowledge about the environmental and social impacts of the fashion industry.



Type

Fulfilling the challenges is mostly an individual activity, which can be supported by family, friends, and/or peers, even from the same group. The individual part lasts for 1-3 months, depending on the programming, and is followed by a plenary discussion when the group is re-united on the same spot again. Maximum number of participants is 25 people in total.

Instructions

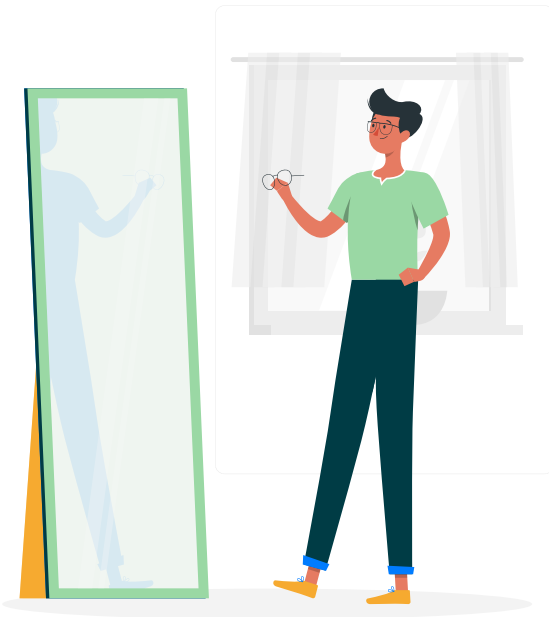
- Welcome participants and introduce the concept of sustainable fashion
"Welcome to the Sustainable Fashion Challenge! This is a long-term challenge where you'll explore the world of sustainable fashion through various tasks. You'll have [number] weeks to complete the challenge and earn points by participating in different activities. There are three difficulty levels: beginner, intermediate, and advanced. You can choose tasks from any level, with more challenging tasks awarding more points." (Details provided in the existing handouts.)

Here's how it works:

- You received a two-page handout with more details:
 - **Page 1:** Introduces the challenge and explains the Bingo system with point values and benefits of participation (study visit, vouchers, certificate, book, or something else available in your context to reward the most active ones).
 - **Page 2:** Lists specific activities for each difficulty level.

- Take photos and document your journey! Upload photos and share stories on social media using the hashtag #SustainableFashionChallenge.
- The participant with the most-liked story for the "rescued garment" task will receive bonus points.
- At the end of the challenge, calculate your fashion footprint using the provided link:
www.thredup.com/fashionfootprint
- Encourage your learners to explore additional resources like documentaries and/or online modules e.g. on www.mysustainable.space

Reflection questions could be



- What sustainable fashion practices did you find easiest / most challenging to adopt?
- Which challenges did you find most rewarding? Why?
- How can you continue to make sustainable choices in your wardrobe management?
- How can you inspire others to adopt more sustainable fashion habits?
- How will you incorporate sustainable practices into your future clothing choices?
- Did you face any difficulties during the challenge? How can we overcome them in future activities?
- Share your stories and experiences with your peers.

Needed Materials

Two-page handout for participants, Internet access for calculating fashion footprint, Access to relevant social media platforms (optional), Sewing supplies for repairs and upcycling (optional, depending on chosen activities)



Timing



The challenge will run for 1-3 months, with intervals between workshops/trainings where participants can complete tasks. You can adjust the time frame based on your program schedule and the complexity of tasks. (Educators can set deadlines for specific tasks within the Bingo card, if they find it appropriate with their group of young learners.)

Adjustment tips

- This challenge can be adapted for different age groups by adjusting the difficulty levels of tasks. Therefore, we encourage you to offer additional beginner tasks or simplify advanced tasks to cater to different skill levels within the group.
- Consider offering alternative tasks for participants who lack access to specific resources.
- Encourage participants to share their experiences and support each other throughout the challenge. For this purpose, you can set up an online communication channel.
- Encourage participants to collaborate on challenges like SWAP events.
- Promote local thrift stores, clothing repair shops, and recycling programs.

The Sustainable Fashion Challenge! is an engaging and educational activity that equips young learners with the knowledge and skills to be responsible fashion consumers. Through a combination of fun challenges, reflection prompts, and resource exploration, this program empowers them to make conscious choices for a more sustainable future.

WELCOME TO THE FAST FASHION? FAST FORWARD! SUSTAINABLE FASHION CHALLENGE!



1

Your first task is the Bingo.

Enlarge the corresponding page to view the tasks. Complete them and upload your photos. You can choose to do all three levels: beginner, intermediate, and advanced. Keep in mind that the more challenging tasks are worth more points. Altogether, you can earn up to 63 points. You have XY weeks to finish the bingo.

BE THE BEST
VERSION
OF YOURSELF!

2



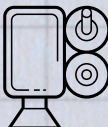
Your task is to save a piece of clothing from being thrown away. Take a picture of the garment you've rescued and describe how you gave it a new lease on life. Share your photo and story and tag @4fprojectbrussel - collect as many likes as you can! Ask your friends to like it, because the most liked story will get extra 15 points. Saving a garment will get you 20 points.



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BEGINNER LEVEL 1 points per task

Count how many pieces of clothing you own and categorize them (how many T-shirts, jeans, skirts, etc.)



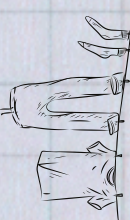
Watch a documentary on the fashion industry's backstage



If you need new clothing, check a thrift store first and adjust your purchase based on their selection

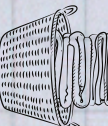
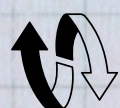
Show us your picture with your best thrifted

outfit



Air dry your clothes

Exchange a nice piece of clothing in good condition with a friend or family member and revive your wardrobe



Start doing laundry only when you have a really full load

INTERMEDIATE LEVEL 3 points per task

Repair one piece of clothing (fix a button, a hole, etc.)

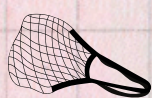


Find a spot where you will be able to recycle your clothes at the end of their life



Start buying biodegradable laundry detergent in bulk (pouring it into your own reused bottle in the store)

Don't buy a single piece of clothing for one full month



Always carry a textile shopping bag and refuse single-use bags at the store

Count how many of your clothes are from local brands or handmade (possibly by you or a family member); then, calculate the percentage of these compared to the rest of your clothing



Complete one module on mYSUSTAINABLE.space - the one according to your interest and liking

ADVANCED LEVEL 5 points per task

Upcycle a piece of clothing with an embroidery, a patch, or by repurposing it (e.g., turning an old shirt into a skirt or jeans into a bag)



Learn a new technique and make a small project (knitting, embroidery, crochet, etc.)



Discuss the fashion industry's flip side with at least one person weekly

Share on your social media about sustainable fashion solutions to raise awareness among your friends



Download and print a game from mYSUSTAINABLE.space "Tool" section, and organize a game session with friends, family, or peers

Organize a SWAP event during a Sunday family gathering, at school with your peers, or in your community center/dorm



%

Count how many clothes you haven't worn in the past year; calculate the percentage of unworn versus worn items in your wardrobe

CLOTHES RESCUE

Share with us how you saved one of your clothes from being thrown away.



Write down the story how you gave it a new lease on life. Rescue the garment and upload a picture of it to the left side.

Then share the photo and story on your social media, tagging @4fprojectbrussel on Instagram.

Calculate your fashion footprint using this link: <https://www.thredup.com/fashionfootprint/>

Write below your final result and upload a screenshot of the calculation to the right side!

FASHION FOOTPRINT:

DIY Clothes Transformation

Objective

This tool aims to equip learners with exact skills and techniques to repair their clothes from experienced masters of do-it-yourself ("DIY").

Context

DIY workshops have multiple benefits. First of all, it's about valuable skills to maintain your wardrobe yourself. No more waiting on a tailor or replacing clothes for minor fixes, meaning you are self-sufficient. Of course, it's creative and unique; it's a more eco-friendly approach to fashion; and last but not least, it's a great chance to bond with fellow fashion enthusiasts while learning practical skills.



Type

Group work (from 3-5 people in each group) and maximum advised number of participants is up to 25 in total.

Instructions

Start with the discussion about the benefits of DIY. To warm up and dive into the topic, you can also invite learners for a small self-assessment.

You will find assessment questions on the last page of this tool.

Next, introduce master class corners and give a space for invited masters to present themselves and the basic elements of their workshops. In this tool, we suggest:

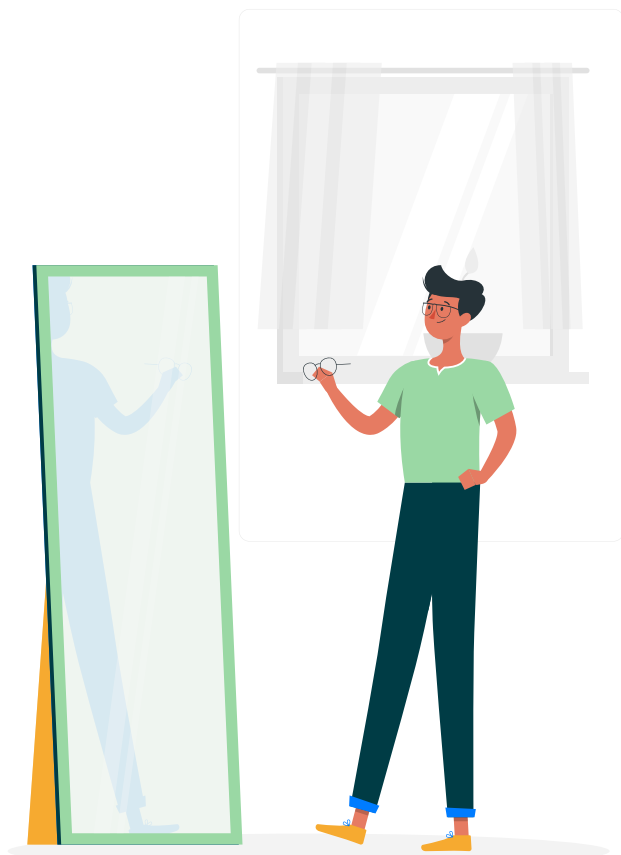
<p>"Darning Master Class" Corner</p>	<p>"Hemming Master Class" Corner</p>	<p>"Sewing Master Class" Corner</p>
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You can add more master class corners or replace the ones offered here based on your resources.

All learners will have the opportunity to participate in all master classes; however, to make it more organized, form small groups of 3-5 people in each group and assign them to a specific master class.

Set a timeframe after which learners should switch their places in the respective corners.

Reflection questions could be



- Did you learn any new skills or techniques for mending your clothes?
- Which technique did you find most challenging? Most rewarding?
- How comfortable do you feel tackling similar repairs on your own garments now?
- How could you continue to develop your clothes repair skills in the future?
- Did the session spark any ideas for creative ways to mend or upcycle your clothes?
- How can you use mending as a way to add a personal touch to your wardrobe?
- What aspects of the DIY activity helped you relax or feel more at ease?
- How might you incorporate DIY activities into your routine to maintain or improve your wellbeing?

Needed Materials

You need to tell learners beforehand to bring garments that they would like to repair with different techniques. You will also have fabric scraps, sewing needles, thread, scissors, pins, tape measure, sewing machine, darning needles, yarn (a variety of weights), and pre-holed fabric squares (knit and woven). Eventually you as a facilitator of the process can bring some garments to be fixed for others.



Timing



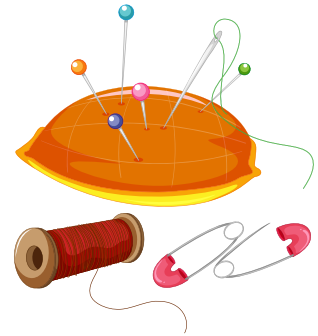
3,5-4 hours activity. 15 min for the introduction to the topic and self assessment, 15-20 min for the masters presentation, 40-50 min for each master class corner. Group discussion and reflection (30 min).

Self assessment before the master classes

Rate yourself honestly on a scale of 1 (Beginner) to 5 (Expert) for each statement related to sewing, hemming, and darning.

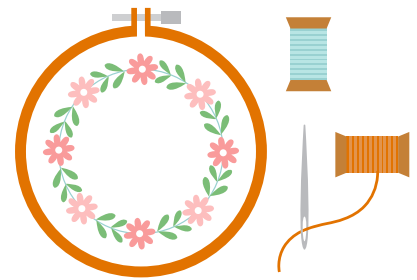
Sewing Skills:

- I can comfortably thread a needle. (1 - 5)
- I can tie a basic knot to secure my thread. (1 - 5)
- I can sew a straight line with minimal effort. (1 - 5)
- I can use a sewing machine. (1 - 5)



Hemming Skills:

- I can measure and mark fabric accurately for hemming. (1 - 5)
- I can use pins to secure a hem in place. (1 - 5)
- I can sew a simple hand-stitched hem. (1 - 5)
- I can sew a machine-stitched hem. (1 - 5)



Darning:

- I can identify the difference between a tear that needs patching and one that can be darned. (1 - 5)
- I understand the basic concept of weaving yarn to fill a hole. (1 - 5)
- I feel comfortable using a darning needle. (1 - 5)



Identify three areas where you feel you need the most improvement.

Set three specific learning goals to improve your sewing, hemming, and darning skills during the offered master classes.