



What is fast fashion and why is it a problem?

## Take it further:

### THINK

What curiosity questions can you ask?

*e.g. Have you ever thought about where your clothes come from? Do you know how they are made and who makes them? Why might this be good for us to think about?*

### FEEL

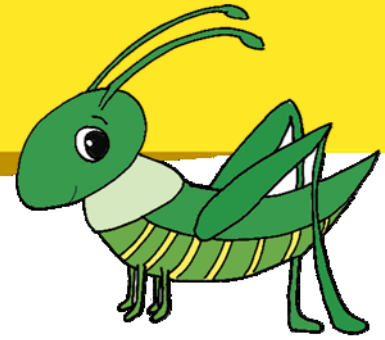
How might different people feel about this?

*e.g. Do you like wearing new clothes? Do you like wearing second hand clothes? Are there certain clothes that make you feel certain ways? How do you feel when you are wearing different clothes that you own?*

### CONNECT

What links can you start to make?

*e.g. . How long do you keep your clothes? What happens to your clothes when you no longer wear them any more? What is a throw away culture and why is it a problem?*



## Activity ideas:

1. What does fashion mean to you?  
Some people care a lot about fashion, some don't. Some people create their own sense of fashion, some don't care what they wear. What about you - what does fashion mean to you? Take a piece of paper and write the word FASHION in the centre and then note down all of the words, phrases, feelings and ideas that you associate with it.
2. There are many processes involved in making clothes – from sourcing the materials, to the chemicals and dyes, to the large amount of water used, the factories being powered, the workers and the travel and transport.

Explore more by clicking the BBC link and journeying into [The story of your tshirt](#)

3. Do a wardrobe review – start to think about where your clothes come, how often you wear them and how many clothes you actually need:
  - How many items of clothing do you have in your wardrobe in total? - Remember to count socks (as a pair!), swimwear and underwear.
  - How many items do you wear every week?
  - Do you own any items that you rarely or never wear?
  - How many items were bought new and how many second hand?

Now think about one action that you can take to be more thoughtful about the clothes that you wear and the clothes that you buy.

*\*USE THE **THINKER'S GUIDE** TO HELP YOU*

What other activities could you do?

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