



# Parent Guide

## How can I use this with my children?

Follow these craft instructions together to upcycle your old clothes into something new!

## How does this help my children's learning?

This activity encourages your child to learn about recycling and upcycling in a creative way.

## Ideas for further learning:

What else can your child create using old clothes?



# Upcycle Fashion Show



This is the perfect activity to keep your children occupied during the holidays. They will have hours of fun designing, planning, making and performing their own fashion show using old clothing.

## You will need:

- Old clothes of all sorts
- Fabric paint and paint brushes
- Scissors
- Fabric or white glue
- Fabric marker pens
- Sequins, tassels and any other decorative clothes items
- Needles and thread



## Instructions:

1. Set your children the task that they are going to put on their own 'Upcycle Fashion Show'. The aim of the show is to upcycle old clothes by making them into funky new clothes and garments.
2. Depending on what materials you have, discuss with your children how they could upcycle the old clothes (you could look online for inspiration at this point).
3. Plan what they are going to make and how they will make it. They may wish to glue sequins to old clothes to make fancy patterns on them and, if age appropriate, your children may wish to sew on patches and patterns to give new life to old clothes.
4. Once they have planned their outfit, they can now start to make their 'Upcycled Fashion Show' clothes.
5. When the clothes have been made, children can choose music and practise their catwalk walk while describing their outfits and what they have done to them.
6. Finally, perform the show to family and friends. This is great fun and will help your children think about how they can re-use and upcycle clothes in the future.

We hope the information on our website and resource is useful. However, some ingredients and/or materials used might cause allergic reactions, so if you have any concerns about your own or somebody else's health or wellbeing, always speak to a qualified health professional. Remember, activities listed within the resource should always be supervised by an appropriate adult.

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