



## What is fast fashion and why is it a problem?

### TAKE IT FURTHER:

**THINK**

What curiosity questions can you ask?

e.g. How much do you know about where your clothes come from, how they are made and who makes them? Do you live in a throw away culture? Why might this be a problem?

**FEEL**

How might different people feel about this?

e.g. How do you feel when you are wearing new clothes? Are there certain clothes that make you feel certain ways? Have you ever thought about who makes your clothes?

**CONNECT**

What links can you start to make?

e.g. What happens to your clothes when you no longer wear them any more? What processes are involved in making a tshirt? Who is paying the real price of cheap clothing? What is a throw away culture and why is it a problem?

EXPLORING THE NATURAL WORLD | Clothes



## RESOURCES:



### THINGS TO READ



#### [Why are our clothes so cheap?](#)

(Article | *Planet Aid*)

#### [The Ethical Shopping Guide](#)

(Article and guidance | *Ethical Consumer*)



### THINGS TO WATCH



#### [The 2 Euro t-shirt experiment](#)

(2 minute video | *Fashion Revolution*)

#### [The high cost of our cheap fashion](#)

(18 minute video | *Maxine Bedat – TED Talk*)



### THINGS TO LISTEN TO



#### [The fast world of fast fashion](#)

(Podcast Series | *NPR*)



### THINGS TO DO



#### [Connect to Fashion Revolution](#)

(Website and organisation | *Fashion Revolution*)

#### [Take the Fashion Detox challenge](#)

(Campaign and challenge | *Emma Kidd*)



### THINGS TO INSPIRE



#### [Explore our Clothes topic](#)

(A home-learning topic for 5-18 year olds | ThoughtBox)

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## 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. Are you always trying to stay up to date with the latest fashion when it comes to the clothes you wear? If so, you could be damaging the environment without even realising you're doing it.

Did you know that the fashion industry is a major source of the greenhouse gases that are overheating the planet? Explore more by clicking the BBC link and journeying into [The story of your tshirt](#)

3. Try a fashion detox! The Fashion Detox Challenge invites people who usually buy clothing often to stop buying clothes for 10 weeks and to reflect on this process through a private forum the Fashion Detox website, where they post weekly 'Detox Diaries'. Explore more here: [Fashion Detox Challenge](#)

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

What other activities could you do?

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