

Head-To-Toe

EDUCATOR & DESIGNER LED

ABOUT

Everyone has their own **unique style** and **fashion sense**. But what if we **wore someone else's clothes**?

What kind of **outfits** could we **create**?
Let's **share, swap, wear** and **play dress-ups** with each **other's clothing**!



PREP TIME

10 mins

COOKING TIME

30+ mins per activity

SERVES

2+ people

INGREDIENTS

- Clothing, shoes, and/or accessories from players' wardrobes (Ideally, every player provides their own items to swap and share. You could also provide or source your own or other clothing i.e. from thrift/charity stores)
- *Optional*: A mirror, a camera, music
- *Activity 2 Only*: Paper & drawing tools (pencils, pens, crayons etc.)
- *Activity 2 Only Optional*: Random objects - these could be brought in by players or resources used from the classroom.

Designed Resources

You can use these resources digitally or printed:

Activity 1:

Head-To-Toe Task Cards

Activity 3:

Wardrobe Diary

Optional: Presentation Slides

Activity 2:

- How to Draw an Exquisite Corpse Character Activity Sheet
- Character Cards
- Wear Where? Task Cards

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LET'S DRESS UP!

There are three activities within this recipe. The activities can be played in order (1, 2, 3) or they can be played separately (on their own).

RECIPE PREP

You will need different **designed resources** based on the different activities you will be playing.

They can either be used **online/digitally** or **printed**. If printing the Task Cards, they can also be cut out.

The 'Wardrobe Diary' can be used digitally, printed or alternatively, the instructions copied on players' own paper or notebook.

PLAY-SPACE SET UP

Ensure there is enough room for everyone to **move around** and **experiment** with the clothing.

You can arrange the Play-Space so that everyone is **gathered** in a **circle**.

Remember, you're playing too!

ACTIVITY 1 – EXPERIMENTATION


Dressing-Up in Each Other's Clothing

1. **Introduce** the recipe to the players - see the 'About' section above.
2. Arrange the **players** into **pairs**. If there is an uneven number, this can be played in larger **groups** of 3+.

Don't forget to place yourself (the leading **adult**) in a pair or group of three, as you will also be **playing**.

3. Each player needs to provide a **variety** of their own **clothing, shoes** and **accessories** to play with.

However, you can also **provide**, either instead or in addition, a range of clothing items.



Optional:
Play music while dressing up!

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If you are an adult playing with a young person and neither of you can fit into each other's clothes, try **dressing-up** using **accessories** such as scarves, bags, jewellery, hats etc. instead!

It can also be **fun** for the young person to experiment, try on, wear and dress-up in your **adult-sized** and **adult-style clothing**.

Ensure **consent** is gained from each player for their own items to be shared and played with.

4. Players follow the '**Head-To-Toe**' **task cards**. Ideally, you use and dress-up in each other's clothing (not your own clothing).

The main aim is to dress-up in clothing that isn't the players' own, whether that be from the other player in their pair/group or other clothing provided.



Players can use **mirrors** to see **their outfits** as they **dress-up!**

Players can play **all the cards** or **some** of them. The cards can be played in **any order**.

After each task, encourage players to **show** each other their outfit and discuss how they **feel** while wearing them.

Optional: Players can document their dress-up creations by taking **photos** of their outfits. Ensure players ask each other if they are ok with having their photo taken.

5. Players can **create** their own **tasks** and dress-up in each other's clothing freely. Encourage players to be **experimental!**

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ACTIVITY 2 – CHARACTER CREATION

Dressing-Up as a Character

1. Players choose a character from the provided '**Character Cards**' OR they can create their own character/s using the '**How to Draw an Exquisite Corpse Character**' Activity Sheet.

2. Players **create** an **outfit** that they think this **character** would **wear**. Players can use each other's (or their own or provided) clothing.

Encourage them to be **creative** - they could use other **random** items or **objects**.

Here are some examples:



If players need more inspiration, use the '**Wear Where?**' Task Cards for ideas on how to experiment with your clothing.

Your only limitation is your **imagination**!

3. Players dress-up in the outfit they have **created** for their **character**.

Optional: Players document their dress-up creations by taking **photos** of their outfits. Ensure players ask each other if they are ok with having their photo taken.

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ACTIVITY 3 – SHARING & WEARING

Sharing & Wearing Other Player's Clothing

This activity can be played as a **take-home activity, **or** a shorter **in-person activity****

1. **Arrange** the **players** into pairs. If there is an **uneven number**, this can be played in larger **groups of 3+**. Don't forget to place yourself (the leading adult) in a pair or group of three, as **you** will also be **playing**.

2. Each player needs to **provide** a variety of their own **clothing**, shoes and accessories to play with. However, **you** can also **provide** either **instead** or in **addition**, a range of clothing items.

If you are an adult playing with a young person and neither of you can fit into each other's clothes, try **dressing-up** using **accessories** such as scarves, bags, jewellery, hats etc. instead!

It can also be **fun** for the **young person** to **experiment**, try on, wear and dress-up in your **adult-sized** and **adult-style** clothing.

Ensure **consent** is gained from each **player** for their own **items** to be **shared** and **played** with.

3. Each player needs to **create** an entire **outfit** or **choose** a **clothing** item, shoes or accessory, either:

From **your clothing** selection that you want the **other player/s to wear**.

OR

From the **other player/s** clothing selection that **they want to wear**.

Challenge the players to wear and share an outfit, clothing, shoes or accessories that they usually **wouldn't wear**!

Head-To-Toe

The main **aim** is to dress-up in **clothing** that **isn't the player's own**, whether that be from the other player in their pair/group or other clothing provided.

4. Make sure all players are **happy** with the chosen outfit, clothing item, shoes and/or accessory. Players can try the outfit/clothing on first if they like.

The players' task is to **share** their outfit, clothing item, shoes or accessory with another player and **borrow** and **wear** an outfit, clothing item, shoes or accessory from another player

Choose the **time** period this activity will be played for. It could be played for:



Alternatively, players can share and borrow each other's clothing for a very short time period, to complete within the classroom or workshop setting, such as 15 minutes.

Players can choose to **share** and **wear** each other's clothing for a **specific occasion**, such as a party, on an outdoor adventure, on holiday, or in general.

5. Players need to fill in the **'Wardrobe Diary'** while they are **sharing** and **wearing** each other's clothing.

If used as a take-home activity, complete the 'Before Wearing & Sharing' activity together. Players can complete the 'During' section at home. Complete the 'After' section together upon completing this activity.

There is a second version of the Wardrobe Diary if players are wearing their own clothing, but their own clothing/outfit was chosen by the other player.

Optional: Players can document their dress-up creations by photographing them!

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6. When the time period is **complete**, players come back together as a **group** to finish the activity.

Players **return** the clothing to each other.

Remind the players to make sure the clothing is **washed** and **clean**.

7. Players complete the '**After Wearing**' section of their **Wardrobe Diary**.

8. Using the '**Wardrobe Diary**' questions, facilitate a group discussion with the players, discussing how they felt when wearing other players' clothing.

Remind players to **thank each other** for sharing and wearing their clothes!

PEDAGOGIC PRINCIPLES



LEARNING GOALS

Challenging preconceived, often negative, assumptions about sharing, swapping and borrowing clothing.

Shifting our relationship with fashion from valuing quantity and trends to quality, material qualities and experiences.

Building clothing communities, enhancing our emotional bonds with others.

Exploring alternative ways of dressing and wearing clothing.

EXPLANATION

Head-To-Toe encourages us to expand both our mental horizons and physical wardrobes through the act of sharing, swapping and borrowing clothing. It asks us to reconsider our relationship with our clothing and challenges our preconceived assumptions about wearing someone else's clothing.

Using experimental play with clothing and diversifying our wardrobes, Head-To-Toe inspires us to be more creative with our dressing, helping indecision, and encourages us to keep and wear our clothing for longer.

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ACTIVITY 2 – CHARACTER CREATION

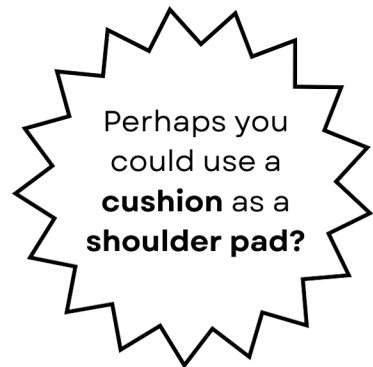
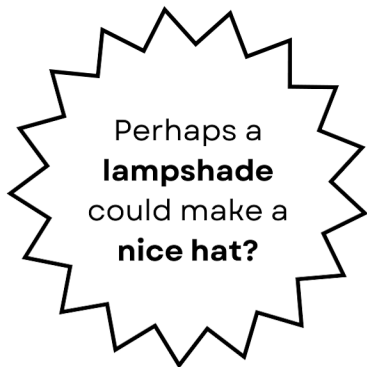
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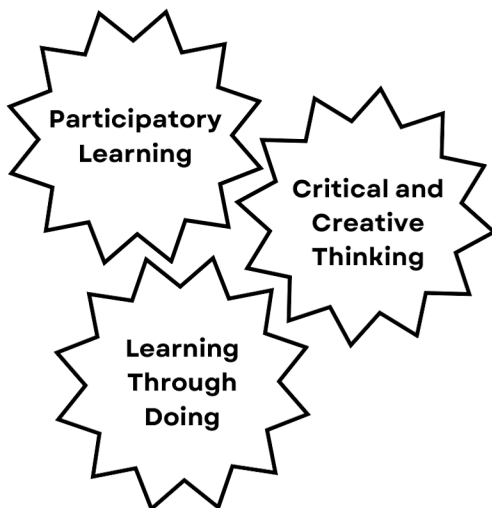
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