

# *You-Nique Fashion Project*



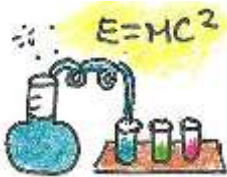
Make a one-of-a-kind shirt  
Share your style with others

## KEY LEARNING OUTCOMES / GOALS



### EXECUTIVE FUNCTIONING SKILLS

- Design, plan and complete a project, adapt to set backs
- Collect and organize project materials
- Use materials creatively in garment making



### SCIENCE

- Research / collect information from a variety of sources
- Analyze sources for effectiveness – decide which sources to use and not



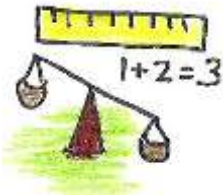
### SOCIAL STUDIES

- Re-use / repurpose discarded clothing items – social consciousness



### LANGUAGE / COMMUNICATION

- Document project progress using photos
- Create a video to teach others a garment pattern



### MATH

- Use measurement to create and cut out designs
- Adapt clothing to fit personal body measurements



### HEALTH

- Create a unique clothing item that represents their identity
- Share project / personal interests with friends and family



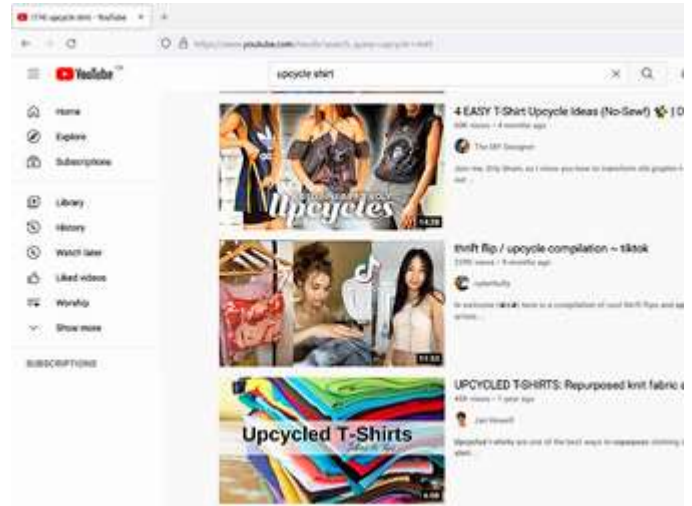
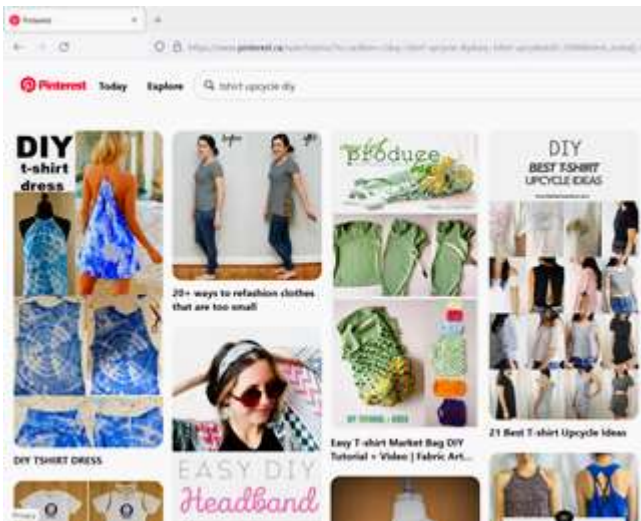
### LIFE SKILLS

- Access community resources for project materials

# PROJECT STEPS

Get Inspiration!

Find and bookmark upcycle ideas on [Pinterest](#), [YouTube](#) and Tic Tok



Print your ideas, and post them on your wall!





## Pick Up Used T-Shirts

Great places to look:



Free groups on Facebook



Thrift Stores



Garage Sales

## Practice Simple Projects

Projects so simple, all you need are scissors!



[Grocery bag](#)



[Scarves](#)



[Cut out designs](#)

## Try Your Inspiration Ideas

Use the patterns and tutorials you found to create the projects you loved:



## Create Your Own Pattern

1 - Print [template](#)  
Draw your pattern idea



2 - Draw pattern on shirt with chalk or washable marker



3 - Cut out pattern



4 - Show off your creation



## Share Your Pattern

Make a DIY video showing how you made your t-shirt design.



Share it with others





## More Ways You Can Personalize



[Potato Stamp patterns](#)



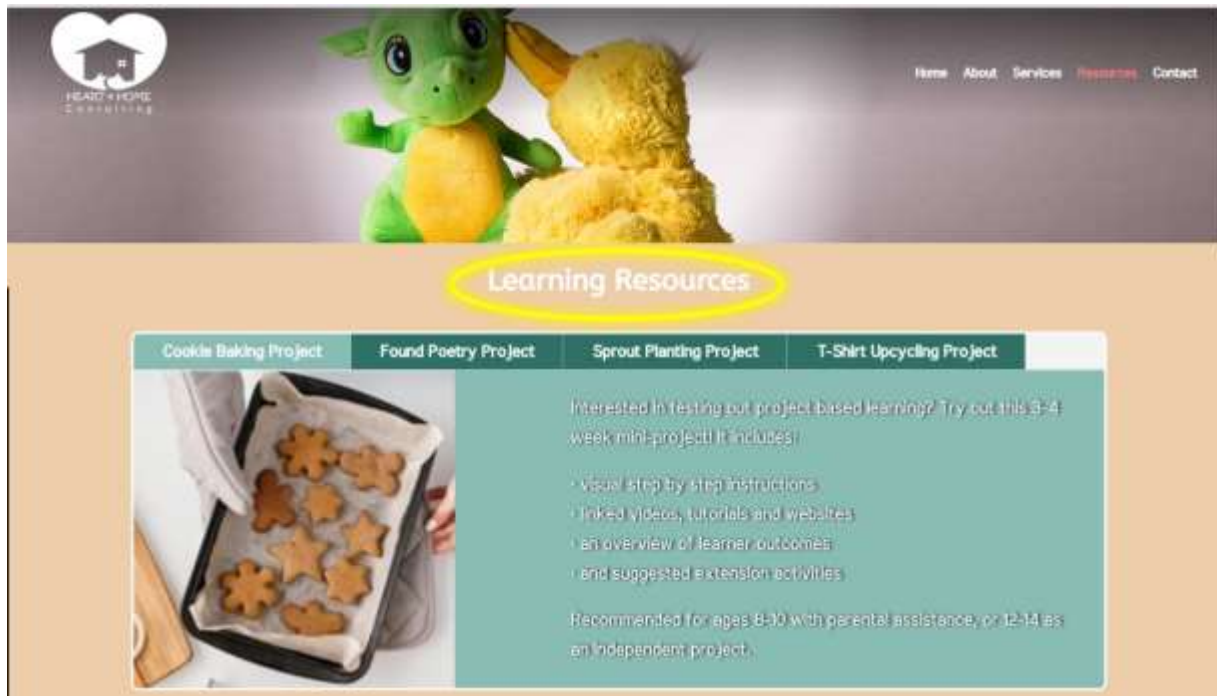
Draw designs with sharpie



[Print and Iron on image transfers](#)

Enjoyed this Project?

Hop over to the Resource page at [heartandhomeconsulting.com](http://heartandhomeconsulting.com)



And try out some of our other projects where you can:

- Create [FOUND POETRY](#)
- [BAKE](#) some cookies
- Grow and eat some [SPROUTS](#)

Got questions? Ask us: [www.heartandhomeconsulting.com/contact/](http://www.heartandhomeconsulting.com/contact/)