WORKSHOP FORMAT

Flexible workshop format

Workshops are adapted to suit the age, ability, and needs of each group. Activities focus on simple, hands-on making using textiles and clothing, with an emphasis on creativity rather than technical sewing skills.

Depending on the group, sessions may include activities such as:

- Creating simple accessories using fabric and found materials
- Basic embroidery and decorative stitching
- Designing and making patches or textile embellishments
- Guided clothing transformation using no-sew or low-sew techniques

Workshop Overview

These hands-on eco-fashion workshops introduce children to sustainability through creative making. Using old clothing and simple textile techniques, children learn how fashion choices impact the environment and how creativity can help reduce waste.

The sessions encourages confidence, self-expression, and practical problem-solving in a fun, supportive setting.

Age Range
Typically suitable for **ages 5–11**, with adaptations available for younger or older groups *(children under 7 will require more adult helpers)*.

Group size
Ideal group size: 10–12 children Maximum: 20 children with adult helpers present

Duration
60–120 minutes (adaptable to school timetables or youth group sessions).

Learning Outcomes

- Understand basic concepts of sustainability and textile waste Learn how clothes can be reused, repaired, and transformed Develop fine motor skills and creative confidence
- Practice design thinking and decision-making
- Experience pride in making something unique

Curriculum Links

Design & Technology, Art & Design, PSHE/Citizenship, Personal Development

Adult Support Required

For larger or mixed-age groups, extra adult helpers are recommended to assist with supervision and tools.

Materials

Basic materials are provided (fabric scraps, thread, tools). Children may be asked to bring one old item of clothing.

Delivery

Delivered on site at schools or community venues. Suitable for curriculum enrichment, eco-weeks, or youth programmes.