

## Selecting What's Right for Me (Wardrobe Planning)



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## Activity 1: Color Analysis, Identifying your Best Color Hues

Selecting What's Right for Me (Wardrobe Planning)

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| <p><b>Project Outcome:</b></p> | <ul style="list-style-type: none"> <li>Explain color hues to use in selecting clothing based on what looks best for different hair, skin and eye color.</li> </ul> |
|--------------------------------|--|

Have you ever had someone come up to you and comment on what you are wearing by saying: “That’s your Color” or “You look so good in that Color”? If so, you probably have found one of your best color hues.

Almost everyone can wear all hues, but the value and intensity of a hue determine which colors are best for you. Each undertone group contains both soft and vivid colors. Some people feel more comfortable with a soft image, others love bright colors, and still others prefer to dress in neutrals. The specific colors you select will reflect your mood and personality. Regardless of which category you fit into, there are certain colors that look best on you and make you ‘glow’.

### Definitions You should know:

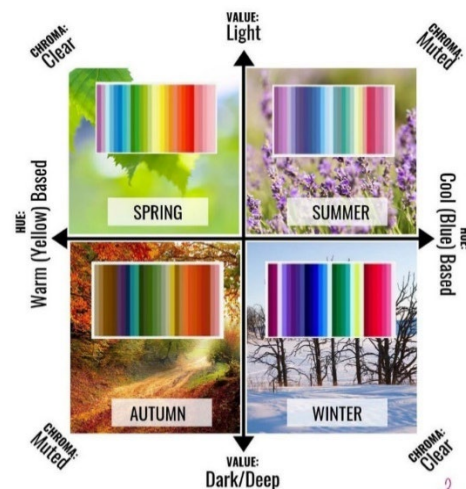
**Hue**—the name of a color (red, blue, etc.).

**Value**—the lightness or darkness of a color; A tint is made when white is added to the hue making it light. A shade is when black is added to the hue which makes the color dark.

**Intensity or Chroma**—the brightness or dullness of a color. A color can be made less intense by adding gray to the color.

### Perform Your Own Color Analysis to Discover Your Best “Season” Color Palette

The four seasons approach to finding your best colors has been around for a long time. Carole Jackson made it famous in her book “Color Me Beautiful” in the 1980’s. **Seasons** are used because we already associate certain colors with each season, like white snow in the winter, rich red leaves in the fall, kelly green grass in the summer, or pastel pink flowers in the spring. You can explore on the Internet many guides and information that will be helpful in finding your best colors.



To determine your season, you first need to determine if your skin, hair and eyes have neutral, warm or cool undertones. Take a look at yourself in the mirror near natural light. Look at your skin, hair, eyes—all without makeup. (If you color your hair, use your natural color to help you identify your color.) To determine your skin tone, take a sheet of white paper and hold up to your face. If your skin appears to have pink, red or blue undertones, it is cool, if your skin appears to have yellow, golden or peachy undertones, it is warm. (Refer to Activity 2 in Level 1 of the Clothing and Textiles Project for more tips on how to determine your skin tone.)

Use the following chart to determine your season. Under the three columns (Skin, Hair, Eye), circle the color of each where they occur. (Circle each as many times as it occurs in each column.) Then count the number circled for each line and circle the season to the right where there are the most items circles. If you have close to the same in two seasons, after doing the next step and looking at your wardrobe, you should be able to narrow it down.

COOL (Blue or gray undertones)			
SKIN COLOR	HAIR COLOR	EYE COLOR	YOUR PERSONAL COLORING SEASON
Creamy Olive Rosy Black Cocoa	Black Blue-Black Dark Brown Ash Blonde Ash Brown	Blue/Green (greyish) Dark Blue Dark Brown Black	Winter
Soft Ivory Rosy Pink Porcelain	Ash Blonde Dark Brown Greyish light	Gray Blue Aqua	Summer

WARM (Golden or yellow undertones)			
SKIN COLOR	HAIR COLOR	EYE COLOR	YOUR PERSONAL COLORING SEASON
Peachy Golden Beige Golden Black Warm Olive Caramel	Red; Copper (red-brown) Chestnut Brown Golden Brown Golden Blonde Charcoal Black	Dark Brown and Golden Brown Amber Hazel Green Blue	Autumn
Peachy Golden Beige Ivory Rosy Cheeks	Flaxen Blonde Golden Blonde Strawberry Blonde Auburn Golden Brown Golden Gray	Bright and Clear Blue Green Aqua Light Golden Brown Hazel	Spring

## EXERCISE:

Now that you have some idea what your color season may be, **put it to the test.**

1. Pull out clothes in your closet that represent each of the seasons (refer to the colors in the color charts that follow to identify which colors go with what season).
2. Next, hold up a specific-colored garment to your face and look in a mirror. (You can also get together with your friends and help each other identify your best colors/season). As you hold colors up to your face, the right color will smooth and clarify your complexion, minimize lines, shadows and circles and bring a healthy color to your face. The wrong color will make your complexion look pale, sallow, or muddy and create shadows around the mouth and nose, dark circles under the eyes, and blotches. Find colors that make your skin, hair, and eyes glow. (Be sure to do this without makeup.)

3. Look at the charts that follow and examples to confirm the best colors and fashions for you.

Once you have identified your season, hang all the clothes that you have that are 'in your season' in one location in your closet. Try wearing only these clothes for a while and see if you get compliments on what you are wearing.

4. Familiarize yourself with your colors so that when you shop, you will understand the colors best for you. Analyze the new fashion color trends carefully before buying, because they may or may not be right for you. Only consider buying garments and accessories in colors best for you.
5. Remember, if people complement you on what you are wearing, that usually means you're wearing your best color.
6. MY COLOR SEASON IS: \_\_\_\_\_

### Winter Clothing Palette and Clothing Examples

Winter types should wear colors that are sharp and clear. White, black, navy blue, red and shocking pink all go well with winter complexions. For lighter colors, wear icy tones rather than pastels. Avoid subdued tones like beige, orange and gold.



### Summer Color Palette and Clothing Examples

Summer types should choose pastels and soft neutrals with rose and blue undertones. Lavender, taupe, powder pink and powder blue suit summer types very well while black and orange do not.



### Autumn Palette and Clothing Examples

Fall types should select colors with golden undertones, like camel, beige, orange, gold and dark brown. Avoid colors with blue tones, like navy.



### Spring Color Palette and Clothing Examples

Spring types can wear warm colors like camel, peach, golden-yellow and golden brown. Avoid dark, dull colors. Do not wear black and white.



Sources:

*How Seasonal Color Analysis Works*

*Color Me Pretty 2/4 Season Color Analysis*

*Style Yourself Confident*

## Activity 2: Create That Perfect Wardrobe

Selecting What's Right for Me (Wardrobe Planning)

**Project Outcome:** • Create a wardrobe plan.



If you are like most people, you have lots of clothes in your closet but often feel you have nothing to wear. With a little planning and know-how, you can organize your closet and know what you need to buy to create that perfect wardrobe. This will mean looking at what you have now, determining what you will need, and taking steps to get those items.

### Create Your Own Seasonless Wardrobe

Before taking inventory of what you have, here are some guidelines to help you in mastering the art of creating that perfect wardrobe.

**Select Basics** Your wardrobe should be built around “basics”—pieces that are easy to layer and never go out of style:

**Crewneck sweater:** Opt for thin knits in cotton that layer easily.

**Jeans:** It's worth paying extra for jeans that actually fit and flatter. What is our best bet? Stretch denim with no more than 2 percent Lycra (the fabric will follow your curves and keep its shape).

**Long-sleeve white T-shirt:** This piece is always a good choice for your wardrobe. You can dress it up or down with accessories. Choose a slim-fit T-shirt that skims over your body (but doesn't cling).

**Khakis:** Forget the pleats (a flat front is more flattering) Also, you don't need the front crease. After all, these are casual pants.



## More Basics

**Black pullover sweater:** cotton blend offers warmth and is great for layering.

**White button-down shirt:** A fitted one will get the most use, because it's easier to tuck in. It also creates a great look when left out.

**Long-sleeve black T-shirt:** A surprisingly sophisticated layering piece, this works well under a dress shirt—or even a dress shirt.

**Cardigan Sweater:** A neutral shade offers the most versatility; one that stops at the waist or a longer style that hits at the hip both looks great, depending on your body type.

**Short-sleeve white T-shirt:** White tees are a great basic but remember they become unwearable quickly so don't spend a lot of money on one.

**Black pants:** Get the most out of these pants by selecting a style made of an all-season fabric.

**Denim jacket:** A darker wash and a slimmer fit look more polished.

**Black tank top:** A white tank looks right at the gym and for casual outings, but a black one can be worn with everything from khakis to a pencil skirt.



## How to Enhance those Basics in your Wardrobe

**Stock up on sweaters:** Sweaters are one of the key elements in building a seasonless wardrobe because of their versatility and the mix-and-match options. Also, for casual wear, be sure to have T-Shirts and Sweatshirts.



**Choose brights:** Select bright colors to keep your wardrobe vibrant no matter what the season. Be sure to identify your best colors before investing. (Refer to Activity 1 to identify your best colors.)

**Add accessories:** Accessories make the mood and create your fashion style. You can add them or change them to complement the season and look. Simple but striking, jewelry can give every day basics a new life. Finish off any look with a pair of simple gold hoops. Save chunky necklaces for instant glamour. Wear eye-catching designs on your ears for a little pizzazz.



Belts can be used as an accessory to liven up any wardrobe. Choose a plain leather band (in a neutral or complementary color with a midsize buckle. When belting dresses and long sweaters, choose a belt that's wide enough to accentuate the narrowing of your waist, but not so thick that it shortens your torso and makes you look heavier.

**Statement pieces:** Based on your personality, be sure to select items that create that “wow” effect!!

**For special effects:** Don't forget to include a special outfit for that special occasion—you never know when you may need it!

## Next Steps:

Now that you know what is needed to complete a perfect wardrobe, what should you do next?

1. Develop a **written itemized list** of your current clothing by making an inventory of the clothing currently in the closet and drawers.

### WARDROBE INVENTORY

What I Have:				Season Worn		
Items	Quantity	Colors	Style*	Fall/Winter	Spring/Summer	Year Round
Short sleeve T-shirts						
Sleeveless Tank tops						
Long Sleeve T-shirts						
Polo Shirts						
Button up Shirts/Blouses						
Cardigan Sweaters						
Pull-over Sweaters						
Jackets/Blazers						
Jeans						
Pants/Slacks						
Skirts						
Shorts						
Dresses						
Coats						
Active Wear - Sweatshirts						
Leggings						
Tops						
Hoodies						
Accessories (scarves, earrings, necklaces, hats,.....)						
Shoes/Boots						

\*Style=Tailored/Fitted (slim cut), Loose (full cut), Pleated, Straight, Dressy, Casual...



**Resources:**

*Fashion Magic, Wardrobe Planning (University of Kentucky Cooperative Extension)*

*Kansas 4-H Clothing and Textiles Leader Guide*

*Wardrobe Basics: Essentials for a Well-Balanced Wardrobe*

## Activity 3: Enhance your Fashion Look – Consider your Body Type

### Selecting What's Right for Me (Wardrobe Planning)

**Project  
Outcome:**

- Select clothing to enhance individual body type.

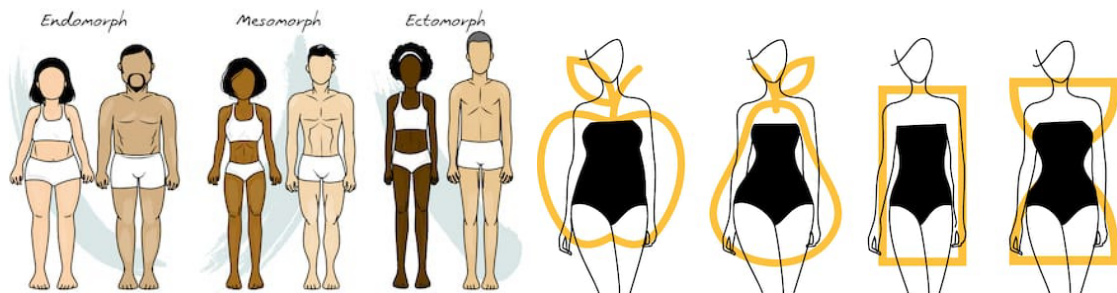
Clothing conveys much about our personality and who we are. It is one of the most important clues from which first impressions are made. In order to look our best while expressing our uniqueness, we have to start with some basics. In Level 1 of the Clothing and Textiles Project activities, you learned the basics of using Line, Color, and Texture in Clothing to Look Your Best (Activity 2). Now we are going to take that a step farther. First, you will identify your body shape based on the descriptions below (and referring to Level 1 information) and then you will dive deep into your closet to take an inventory of what you have that will enhance your look. Last, you will determine what you need to buy to enhance your look based on what you learned about the unique aspects of your figure.

### Review of Figure Types

There are many ways to describe an individual's body type. We are going to review two ways to identify your shape. Your figure type is a result of your genetic makeup and cannot be changed (like having blue eyes). Your weight and size may change a great deal over your lifetime, but your basic figure type remains the same from childhood through adulthood.

1 - The basic figure types based on your physique include:

- Endomorphic—body soft/fluffy/thick/full in appearance.
- Mesomorphic—muscular body appearance.
- Ectomorphic—slender/skinny, long body appearance



2- The basic figure types based on contour of your body:

- Apple - undefined waist, with bust measurements larger than hip measurement.
- Pear - Hips are larger than bust, broad hips and narrow shoulders.
- Rectangle - Measurements of bust, waist and hips are the same.
- Hourglass - Bust and Hips are same measurement with a well-defined waist.

## Identifying the Clothes You Have that Fit Your Body Type

Now that you know your body shape, the fun begins!!!! The first thing to do is create a surface on which to stack your clothes. Your bed and/or study desk in your bedroom are great surfaces.

Next, if your closet is not divided by tops, pants, skirts, dresses....., reorganize it into these categories leaving them hanging. Now begin looking at the pieces you have that fit into the categories below based on your identified figure type (using the contour shape identification). Make stacks of tops, pants, skirts, sweaters/jackets that DO fit your style and make notes below.

Note: only complete the chart that identifies your figure type.

### APPLE SHAPE

Desired for Your Shape	Number of Items	Description of What I Have
Tops that highlight the bust or shoulder area, somewhat fitted with sleeves or extended shoulders Ex: Fitted two colored knit top with different color across top; off the shoulder top		
Skinny or slender legged pants		
Straight legged, high waisted jeans or pants		
High waisted or raised waist dresses (preferably with shoulder or sleeve emphasis)		
A-line or gathered skirts (not straight)		
Sweaters/Jackets that are fitted and fall below the waist, open down front		

**RECTANGLE SHAPE**

Desired for your shape	Number of Items	Description of What I Have
Fitted tops with curved neckline, short sleeves		
Fitted pants in contrasting color from tops (Straight legged or flared)		
Skinny belts		
Sweaters/Jackets fitted, coming to waist or if longer belted		
Dresses fitted at top and flared/full skirt		

## PEAR SHAPE

Desired for Your Shape	Number of Items	Description of What I Have
Bright colored tops with boat, scoop or sweetheart necklines with sleeves of any kind (emphasize top part of body)		
Dark colored fitted pants		
Straight legged dark colored pants		
Slightly flared hemline, high-waisted medium to dark wash jeans		
Dark colored fitted skirts		
Dresses with emphasis on neckline, sleeves, A-line (not straight) skirt		
Jackets fitted to waist (solid or prints)		
Belts (to accentuate the waist)		



## HOURGLASS SHAPE

Desired for Your Shape	# of Items	Description of What I Have
Fitted tops (preferably v-neckline)		
Fitted pants with slender to flared legs		
Pleated skirts		
Pencil (straight) skirts		
Sweaters/jackets fitted to waist (or belted if hits below waist)		
Dresses with fitted waist, flared skirt		
Medium to Wide belts (to emphasize waist)		

### Take Action to Complete Your New Look

Now that you have identified what you have in your closet based on your body type, start matching tops and bottoms, dresses, and sweaters/jackets, etc. to put together looks. Take pictures of these as you go.

After completing this task, determine where the gaps are in your wardrobe and make a list of what you will need to buy or make to make your wardrobe complete for your best looks.

For the clothes you have left hanging in your closet consider doing one of the following:

- Upcycle what will work with your 'new' wardrobe by shortening, altering or embellishing.
- Do a clothing swap with friends
- Sell your clothes through a second-hand store, online, etc.
- Donate to a nonprofit community organization

Now start looking great in the outfits you have created based on your figure.

### What You Can do With What You Have Learned

- Have someone take a picture of you sorting out your wardrobe.
- Take a picture of you wearing an outfit that is your best look.
- Create a poster or PowerPoint that includes information about how to determine what looks best on individuals based on body types. Include pictures of outfits that show your best looks.

Sources: *Dress Yourself and Look Good*  
*Trunk Club Women's Style*

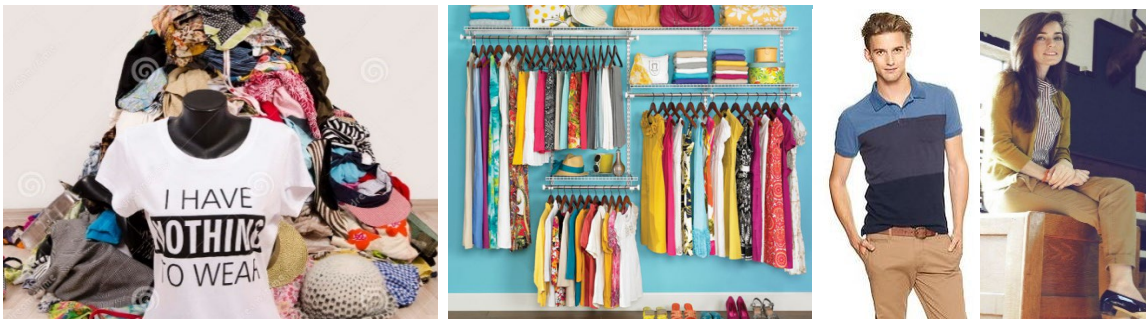
## Activity 4: Know What to Wear for Every Occasion!!

Selecting What's Right for Me (Wardrobe Planning)

<b>Project Outcomes:</b>	<ul style="list-style-type: none"><li>• Select clothing appropriate for specific occasions/events.</li><li>• Select appropriate garment for job interview.</li></ul>
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Have you ever said “I have nothing to wear”? It is important to have a few key pieces in your wardrobe to wear for dress up occasions, interviews, and parties. In this activity you will explore what is appropriate to wear for different occasions.

The first step is to get your clothing organized so you will know what you have, then organize them according to where you usually wear them. You may have what you need and just don't know it!



Let's look at some tips that will help you know what is appropriate for different occasions.

First, there are some general rules for dressing for any occasion.

- Shoes should be moderate
- Avoid extreme hairstyles or colors
- Keep makeup to a minimum
- No shorts, no tank tops, crop tops, or anything especially low cut (shirt or pants) or too short (skirt or blouse).

**Your clothing should be:**

- In good condition
- Wrinkle-free and
- Modest and tasteful

## Dressing for an Interview

Whether you are interviewing for a job baby-sitting, working at a retail or grocery store, or other jobs in your community, you need to dress neatly and appropriately. Sometimes you may be offered a job without a formal interview. So, it is important to look neat and dress modestly when you talk to a possible future boss about a job and your responsibilities. **Here are some guidelines to consider when deciding what to wear for an interview.**

### Button-Down with Dark Slacks or Khakis

It's important for teens to look well-dressed. A button-down shirt in a tasteful plaid pattern is a good choice for both young men and women, as it's a look that appears properly put-together and still relaxed. Paired with khakis, it's the perfect choice for a first interview.



### Polo Shirt with a Skirt or Slacks

A nice polo shirt is a fine choice for a job interview, especially if you're applying for a summer job or interviewing in warm weather. Because it's a more casual choice, though, make sure your pants or skirt make up for it. For example, choose khakis, not jeans, or tuck it into a modest-length skirt. Both young men and women should take care to avoid sneakers or sandals! A pair of penny loafers or brown dress shoes would be a great way to finish off the outfit.



### Button-Down with a Sweater and Khakis

A layered button-down shirt, sweater, and khakis are a great option for an interview that might require dressier attire but not something so formal as a blazer and tie. In fact, this look is a great one to have on hand in the closet, as it's versatile enough that it's appropriate for both casual and more formal situations. Plus, having a few different sweaters and button-downs to combine in different ways also means you'll automatically have an effortless selection of multiple interview outfits.



## Dress Shirt, Slacks and Jacket

A simple dress shirt is a perfect choice for a high school job interview. Paired with khakis or dark slacks, it's a look that is mature and tasteful but still comfortable. Add a blazer or a sweater and tie (depending on the interview) for a more formal look. A blazer shows that you have thought about your appearance and want to look your best.



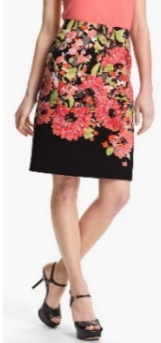
**What Not to Wear**-Your shoes should be moderate, and you should avoid extreme hairstyles or colors. Also, keep makeup to a minimum. No jeans or shorts, no tank tops, crop tops, or anything especially low cut (shirt or pants) or too short (skirt or blouse)—keeping everything professional is a must.

## Dressing for Church, Weddings, Funerals and other Special Occasion

We all like to dress up and look our best no matter what the occasion. Let's talk about some of these occasions and what you should wear.

### Tips to Consider for Church/Religious Gatherings

You need to dress in a manner suitable for church. Every church has its own standards, and it is important to know what is protocol and dress accordingly. Some will expect you to dress in your Sunday best while for others, jeans are standard. A general rule-of-thumb is to dress modestly. Try not to reveal a lot of your skin; leave that for social events and parties. Refrain from wearing anything revealing or body hugging. Refrain from wearing sheer or transparent clothing.



Here are some good examples to follow:

1. Spaghetti straps and sleeveless dresses should be covered with a cardigan or light jacket.

2. You will never go wrong with a simple dress. Consider a hem line that is longer (right above the knee or at the knee) Add a cardigan sweater or light weight jacket.
3. If you are not into dresses, try a pencil skirt (make sure it's not extremely tight) or an A-line skirt. They are not only feminine but also look good on most body types. Pair it with a pretty blouse or top.
4. If you are more of a pants kind of *person*, why not wear your favorite pair of navy or black pants with a nice top and/or blazer.
5. If jeans are your thing, a darker color (with no holes) works best. Of course, you will want to dress them up with a bright colored blazer and simple top. This goes for gals and guys.
6. For guys khaki pants and a polo shirt in a contrasting color create a great look.
7. Of course, a nice pair of slacks with a TUCKED in button up shirt and tie provide a dressier look. Add a blazer for a complete outfit.
8. If you like to wear shirts with the tail out, be sure to buy shirts that have a straight hem.



## Appropriate Dress for Funerals

When deciding what to wear to a funeral it is always best to go conservative. While it's true that you don't have to wear black, you should dress in a way that shows respect. That means avoiding bright colors, flashy prints, and glittery fabrics.

### Tips to consider:

1. **Use common sense:** If you are attending the funeral of someone you knew to be quite formal, it is likely that the attire should be more conservative.
2. **Ask for advice:** It is perfectly appropriate to ask someone close to the family and/or your parents for advice on what to wear.
3. **Dress to blend in:** We all want to look great, but a funeral is not the time to stand out. You want to be dressed along the same lines as the other mourners.
4. **Consider the culture:** Some cultures have special traditions when it comes to funeral attire. For example, some Asian cultures prefer white

and in some African cultures red and black are the norm. If the funeral is for someone with a distinct cultural background, it is perfectly acceptable to ask a family member if there is preferred attire.

## Some Ideas of What to Wear:

### Females:

- Color Choice: somber color (black, grey, navy, beige, or a somber print)  
All black is not necessary or expected anymore.
- Dress (not strapless)
- Suit
- Nice dress pants
- Blouse and Skirt (longer length)
- Cardigan sweater



### Males:

- Suit
- Nice dress pants
- Button down shirt
- Tie
- Nice sweater
- Khakis with dress shirt



## When Wedding Bells are Ringing, What to Wear as a Guest

When a wedding invitation arrives in the mail, you may experience a bit of panic as you decide what to wear. As a teen you have a bit more flexibility than adults. You should follow the usual dress-code guidelines for weddings while still choosing age-appropriate options. The invitation itself often spells out the suggested dress code, but if not, here are some guidelines.

**Evening Weddings:** Unless otherwise specified, an evening wedding usually has a semi-formal dress code. Teen boys should wear a suit, tie, and dress shoes. In the spring and summer, a light-colored suit in tan or gray is an ideal option. In the fall and winter, a dark suit in navy or charcoal works best. Teen girls can wear a party dress in almost any fun shade for a semi-formal wedding; a short floral or pastel chiffon dress works well.

At a more **casual wedding**, the dress code is pretty flexible, but that doesn't mean you shouldn't look polished. Guys can skip a tie and wear a button-down shirt in a light color like white or blue with dress pants. Girls can opt for a pretty print dress in soft or bright colors. Add a sweater for a dressier look.

For an **outdoor wedding**, you should still dress up but take the elements into account. For boys, a dress shirt and khaki pants are appropriate. In some cases, though, a tie may be necessary. Girls can opt for a sundress -- a style in a fun summer color like coral or turquoise that hits around the knees is most flattering. Steer clear of a maxi hemline, which may get dirty if it skims the grass. Sometimes outdoor weddings will have themes, so find out and dress appropriately.

NOTE: Girls, stay away from wearing solid white. That is reserved for the bride.



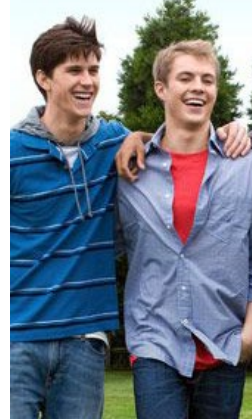


## Dressing for a Party or to Hang out with Friends

Do you ever have trouble deciding what to wear to a party? There are many things to consider. Here are a few tips that may help. Remember, this IS a time to make a statement, but remember to do it in a tasteful way.

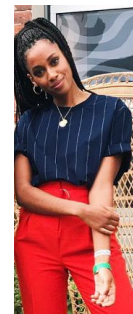
**Think about the time and location of the party.** As everyone knows, choosing the right outfit for a party is a very important task. The first thing you need to consider is the time and location of the party, as this will affect everything - from your outfit and your shoes to your jewelry and makeup.

- If the party is during the day, at a friend's house or eating establishment, you probably want to go with something comfortable yet cool, like jeans and a statement tee (no Graphic T-shirts). Many people would not describe this as dressing up at all, but dressing up is a relative term.
- If the party is at night, you will probably need to go a little dressier and wear something like a cute dress or a skirt and top combo.



**Consider your own personal style.** When you're attending a party, you want to stand out -- but in a good way.

So, if you want to be unique, you should come up with an alternative to the norm that suits your personality but still fits with the vibe of the party.



**Do something unique.** After you've taken care of the shoes and the jewelry, any other accessories you choose to wear are really a matter of personal preference.

Consider embellishing your hair with fresh flowers, layering on a chunky belt or rocking a funky hat -- it's completely up to you!



## Other Tips:

- Dress a notch above what is expected.
- Wear a trendy outfit.
- Make sure your garments fit.

## To Do with What You Have Learned:

Now that you know what to wear for various occasions, in order to have what you need:

1. Do an inventory of your wardrobe and find out what you have for each occasion.
2. Take pictures of you in these outfits.
3. Determine what you don't have and what you need. Be sure to use pieces that you have and determine what would go with them to complete each look.
4. Create a plan for what you need and the resources (money) that you have or will need.

## Resources:

*Outfit Ideas - Ideas for Teen Parties*  
*Cosmopolitan - What to wear to Church*  
*How to dress for a wedding for teens*

## Activity 6: Accessorize Your Outfit for a Great Look

Selecting What's Right for Me (Wardrobe Planning)

**Project**

- Select accessories that complement an outfit.

**Outcomes:**



Have you ever had that “not so perfect” outfit and needed a great accessory to finish it off? For this activity you will learn about the different types of accessories, get tips about accessorizing your outfits, and do an inventory of the accessories you currently have to determine what you may want to add to round out your wardrobe.

Accessories provide the opportunity to show your style.

So, think about your unique look.

- Are you the classic type of person who likes neat, simple looks
- sporty look with a relaxed outdoorsy look, or
- a dramatic colorful look that makes a statement?

Check out Activity 5 in the Beginner Project Area Guide (Project Pages for 4-Hers) online to learn more about expressing your personality through what you wear. Once you determine your personal style, as you learn about accessorizing you will be able to identify what will give you that perfect look. Accessories fall into a few basic categories which includes jewelry, hair accessories, belts, shoes, and handbags.

## Jewelry

Whether your jewelry box contains lots of bangles, statement necklaces, chunky earrings, and beads, you probably turn to jewelry when you're looking to add a little sparkle to your outfit.



When thinking about jewelry you have or may buy, consider that jewelry is categorized as:

1. **Fashion/costume jewelry** which is inexpensive is usually made of inexpensive, more affordable materials. It is made to be trendy and worn for a short period of time. Don't expect fashion jewelry to last a long time but enjoy the look.
2. **Semi-fine jewelry** is usually plated like gold-plated, so it isn't made entirely out of one type of metal. The stones used are less expensive such as amethyst, topaz, or aquamarine. Semi-fine jewelry is a great way to have a large array of jewelry options without paying a lot.
3. **Fine jewelry** is made of components that are valuable such as gold/silver or precious gemstones (diamonds, sapphires, emeralds). It is more expensive than the other jewelry and is usually passed down from generation to generation. It lasts for a long time and will not tarnish (change color) over time.

When accessorizing with jewelry:

- The use of jewelry can add spice to any outfit but remember not to overdo it. A rule of thumb is to wear no more than two pieces of jewelry for your best look.
- If wearing bold colors or wearing an eye-catching outfit, keep the accessories simple. On the other hand, with a simple outfit you can wear eye-catching jewelry.
- If you are thinking of buying some pieces, consider some classic looks like thin hoop earrings and a pendant necklace.

Now it's time to look at the jewelry you currently have and based on the above tips and your personal style, what you may want to buy.

Jewelry Inventory (Describe category, color, size....)

Necklaces	Earrings	Bracelets (and other)

What I may want to add to my Jewelry collection:		

## Hair accessories

Hair accessories offer an easy way to show off your personal style. The right hair accessory will bring even the simplest of hairstyles to life. The possibilities are endless. Here are a few ideas:



- Use a colored **ribbon** to accent a pony tail.
- Use an eye-catching **hair clip** to pull back your hair on one side; try using multiple baby spring clips in different colors for an interesting look.
- For longer hair, consider pulling part of it to the back and add a pretty **hair clasp**.
- Sometimes all you need is a bold **headband** to really complete your outfit. This can be a perfect accessory regardless of if you have long or short hair.
- **Scrunchies** are making a comeback, so add one to a sleek ponytail look; experiment with the type of material in a scrunchie, from terry cloth to silk to change your look.
- A large **claw clip** can create a dynamic look when pulling your longer hair in a French twist.

Hair Accessory Inventory (Describe type, color, size....)

Hair Clip, Clasp, Claw	Headband, Scrunchie	Ribbon (and other)

What I may want to add to my Hair Accessory collection:		

## Belts

Belts aren't just for function; they're for fashion, too. A belt can help accentuate your silhouette, add style to an outfit, or add color. Whether you choose a narrow or wide belt, a simple belt or one with embellishments, defining your waistline with a belt is one of the easiest ways to make an outfit look more polished.



You may only have a few belts in your closet, but this is an accessory that comes in a variety of forms that can be worn for all sorts of occasions and can totally change your look.

Types of belts:

1. **Leather belts:** Leather belts are the most common belts worn and usually come in black or brown.
2. **Braided belts:** A braided belt is usually made with pieces of leather braided together. For a fun look consider a braided fabric or ribbon belt.
3. **Chain belts:** As the name implies, chain belts are made using chain metal which creates a shiny, dressier look.
4. **Studded belts:** These belts are usually leather belts embellished with metal grommets, studs, or rhinestones which add texture and dimension to a flat belt.
5. **Skinny belts:** thin belts are often used to accent a person's waist and highlight the silhouette. Try a contrasting color or multiple belts for a unique look.
6. **Western belts:** Made of thick leather, with intricate embossed designs, western belts are adorned with large silver engraved buckles.

When thinking about how to accessorize with a belt consider wearing a belt with a dress, sitting on your waist to define your silhouette, maybe contrasting with a color of the dress. If you wear belts a lot, buy several in earth tones as well as colors that match the shoes, handbags, or other accessory you wear often.

## Belt Inventory (Describe type, color, size [narrow or wide....])

Leather or Braided or Western	Chain or Studded	Skinny or Fabric or Stretch
What I may want to add to my Belt collection:		

## Footwear

Unlike other accessories, you'll most likely need to wear shoes every day. Although it's important to have a few neutral pairs (such as a white sneaker, black flat, and black or brown boots), statement footwear can elevate your look. Look for shoes that are fun yet comfortable—or else you'll never wear them.



Shoe designers use dozens of types of materials to make shoes. The most common materials used to make shoes include leather, foam, rubber, plastic, textiles, and synthetics.

Here are a few examples:

- You probably have at least one pair of shoes made from canvas which is fabric made from hemp. This includes sneakers and some summer shoes.
- Another common material used in shoes is leather. It is durable and breathes well and is used in a variety of shoes from boots to dress shoes.
- Nylon is used in shoes often to provide a pop of color or pattern in the design. Nylon can be used for the interior or outer design.
- You might see cork being used in some shoes, especially in the soles of shoes.

When selecting shoes to wear with any outfit, here are questions ask yourself:

- Do you want a casual look (like a trendy pair of sneakers) or a dressier look (like black flats)?
- What style are you looking for, classic or trendy (black versus red or bright color)?
- What is the occasion? If wearing them to school, comfort is key while for hanging out with friends or on a date, a trendier look is in order.
- Do you want your shoes to match your outfit, be neutral (beige, black or brown) or contrasting? It depends on your personality; all these choices are okay. The only exception is when you are interviewing for a job; then you should go with a neutral color.

Shoe Inventory (Describe Style, color, heel height...)

Casual	Dressy	Other
What I may want to add to my collection:		

## Handbags

Different bags—from totes to clutches—are appropriate for different occasions. If you have handbags in varied styles and colors, you'll always have a unique accessory. Let your personality be your guide.



Tips when selecting handbags:

- Make sure your handbag is comfortable to carry. Try it out to see if it sits well on your shoulder if it is a shoulder bag and that the handle is comfortable.



- Make sure it's not too heavy. This means it is light weight when it is empty. For example, leather bags are heavier than fabric or pleather bags.
- Check how the bag closes, so your contents don't spill out when you put it down. Zipper closures are best.
- Make sure it has the right look for your occasion.
- The best buy is a bag that is versatile and can be carried for dressy occasions as well as casual. Consider the color as well. The more neutral the more versatile.
- When in doubt, a good rule of thumb is to match your bag with your shoes.

Handbag Inventory (Describe type, color, size, shoulder or handheld....)

What I may want to add to my Handbag collection:	

**Sources:**

<https://www.masterclass.com/articles/how-to-accessorize>  
<https://www.masterclass.com/articles/how-to-wear-a-belt>

Using accessories is a way of adding styling options to your wardrobe. They help you wear the same clothing item in several ways by adding different pieces. They help you experiment and are also a way of defining your style. Most importantly, they have a way of tying outfits together seamlessly and making you look cool, classy, and trendy.

To summarize, here are some tips to consider to put together that perfect outfit.



Source: <https://dressbarn.com/blogs/blog-1/types-of-accessories>

### To Do with What You Have Learned:

1. Look back at what you have learned and your various inventories to help you determine what you have and what you need for that perfect look.
2. Put together outfits with various accessories and see what looks best for your personal style. Take pictures of each and share as part of a presentation or poster.
3. Share what you have learned with other 4-Hers through a presentation, speech, or in a project group. Be sure to take pictures of you in these activities for your portfolio.

## Congratulations!

You have now completed the first unit of the Advanced Clothing and Textiles Project Area Guide. Throughout this project guide, you have learned some great lessons and skills about colors, shapes, and staple pieces.

More information can be found on the Tennessee 4-H Clothing & Textiles project page, including the project outcomes.



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