

# SUPER STYLING YOUR SWEATSHIRT: TIPS AND TRICKS FOR FUN UPDATES

## Teaching Outline

Prepared by:

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### Introduction to the topic

People today generally own more clothes than they actively wear, and one way to stretch your dollars and your creativity is to take an old sweatshirt and redesign/upcycle it into something new and exciting. Fashion trends are showing a lot of great ideas that you can use for inspiration to style last year's outdated sweatshirt into this year's fashion star.

### Program objectives

This program will give ideas for ways to embellish and change old sweatshirts and sweaters. Through this activity, members will exercise their creative thinking and problem solving skills, manual dexterity skills, and idea visualization skills.

### Program materials

- Teaching Outline
- PowerPoint
- Post-program evaluation

### Suggested activities:

Let the members know ahead of time to bring an old sweatshirt, coordinating fabric, trim, embroidery thread, buttons, etc. and sewing supplies, if they would like to get started brainstorming about ideas right away.

### Preparation:

Read through the slides and notes. Get an old sweatshirt and redesign it yourself. Take pictures along the way if you can. At any rate, share your story, so members can get motivated.

### Lesson Evaluation: Jobs and Employment Issue Team

Educators: Following the lesson, please gather the completed evaluations and return them to your County OSU Extension Center no less than one week after lesson.

**Suggested timeframe:** 15 minutes - 1 hour (depending on the number of participants and complexity)