COMPETENCY #7: Identify fashions that flatter your personal body type.

CONCEPT:
Now that proportion and figure types are understood, the next step is to understand how to dress to flatter your particular figure type.

LECTURE/DISCUSSION

Ideas to discuss:
1. Figure irregularities can be hidden or eliminated through proper dressing techniques.
2. Use of lines can accent or hide negative figure characteristics
3. Use of color can accent or hide negative figure characteristics
4. By carefully using texture, your figure can be improved.
5. Certain styles should be avoided by some figure types.

PREPARATION:
In advance find as many pictures as possible to illustrate the discussion ideas listed above as possible.

Dress in a way that is unflattering to you, to illustrate the negative results, change into an outfit that will illustrate the way you have learned to dress to cover any figure faults. (Only if you have a strong self concept!)

ASSIGNMENTS: (One or all can be assigned)

1. Students will draw their figure type on paper, and write a paragraph or more stating which fashions look best on their figure type, and which fashions they should avoid.

2. Assign students to find 3-5 outfits in magazines or in pattern books that will look good on their particular figure type. Explain why each outfit would either enhance the positive or negative aspect of their figure type. Pictures will be mounted on construction paper.

3. Take an inventory of the styles of clothes now in your wardrobe. Examine and evaluate which clothes you have that enhance your figure type, and which clothes do not make the most of your figure type.

4. Make long range plans to add clothes over time that will replace those that are not flattering to you.

USE THE RESOURCE MATERIAL FOR IDEAS TO ENHANCE YOUR TEACHING