

**COMPETENCY #9:** Identify aspects of color on body proportions and relate the information to personal body types.

**CONCEPT:** By using colors, personal body types can be enhanced or improved through optical illusions created with color.

### **LECTURE/DISCUSSION**

Review with class the receding and advancing colors. Cool colors recede and give the appearance of smaller space while warm colors advance and appear to enlarge or enhance space.

Refer back to the body type information and review with the students how using this color principle can change their body silhouette.

Example: the triangular figure type has small shoulders with larger hips. By putting advancing color on the top and darker colors on the bottom, the figure will appear to balance out. The top will advance and the bottom recede with use of color. Bright yellow T-shirt with navy trim worn with navy shorts or pants will balance a triangle shape.

Example: A man who wants to broaden his shoulders can wear a light colored shirt and dark jeans.

### **ASSIGNMENT**

1. Identify personal body type.
2. Find three examples of clothing that uses color to improve or enhance body type.
3. Mount and turn in or add to unit assignment.