

Dressing up is Cool

Age

6-12

Duration

30-45 minutes

Group size

5+

Overview

The group experiments with different clothing and puts on a fashion show to discover how clothing can help create a person's identity.

Objectives

- To reflect on the role that clothing has in creating someone's identity
- To break down barriers of wearing different gendered clothing
- To increase awareness of and empathy with other genders

Materials

- Assortment of clothes and hats
- Music and music player
- Make-up and nail varnish (optional)
- Masking tape (optional, to mark out a catwalk in advance)



Step-by-step instructions

1. Put all the clothes in a pile in the middle of the room and ask the children to choose a selection of clothing that they would not usually wear. Ask the group to dress in these clothes (over the top of the clothes they are wearing, they should not have to undress). Make it clear that if they do not feel comfortable wearing any of the clothes then they don't have to wear them. You can also provide make-up if you wish.
2. When all children are dressed in different clothes, explain to the group that they can now perform a fashion show. Each of them can model their outfit once to show what they are wearing. No one has to participate if they do not want to. Instruct the rest of the group to cheer for the other models when they walk down the catwalk to the music. Keep it very positive; this should not be about impersonating anyone in particular or acting in an offensive way.

Debriefing

- How did it feel to be a model?
- What is different about what you are wearing now to what you usually wear?
- How do you feel in these clothes? Do you feel different when you are wearing different clothes?
- Do you act differently when you are wearing different clothes?
- Why don't you usually wear these types of clothes?
- Did anyone dress up as another gender? If so, how did you do that?
- What did you like/ dislike about dressing up as another gender?
- Is this really how girls/ boys dress? Why do they dress differently?
- Should boys/ girls dress differently?
- What does clothing say about people? Should it say something?
- Why did you act different in boys/ girls clothes? Do you think this is how a girl/ boy acts?