



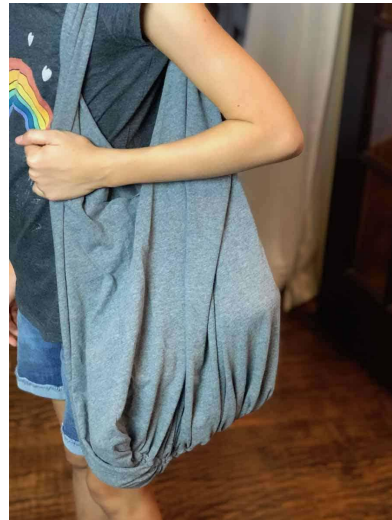
SMART HANDS

LESSON PLAN

LESSON TITLE: Do not waste your waste - how to make a no-sew-thirt-bag”

HOSTED BY: Eileen and Maaike (Netherlands)

LENGTH IN TIME: 20min.



THIS LESSON COMBINES ELEMENTS FROM THE FOLLOWING SCHOOL SUBJECTS:

Crafts, Mathematics, Civic education (Sustainability)

(if more in detail about material, dye etc. then also chemistry)

LESSON OBJECTIVES

This lesson shows you the value of a t-shirt.

Clothes are made from natural material or synthetic material.

Most of our clothes are made from cotton. Cotton is a plant that gives a fluffy fiber that is used to make clothes. The plant grows in tropical and subtropical regions in South-America, Africa, Egypt and India. Other natural materials are wool (from sheep), linen (flax plant), hemp (plant).

Synthetic material that is used to make clothes is plastic: acrylic, polyester, nylon. This material creates plastic soup!

That our clothes are more valuable than we know!

Say we buy a shirt for 20 euros.

One t-shirt from cotton takes 2.700 liters of water.

People on the other side of the world earn 5 cents per t-shirt, the factory 22 cents. The shop that sells the shirt earns 12 euro per t-shirt. The trade earns 5 euro, the cotton costs 1,4 euro. Rest is

administration, shipping and taxes.

So take care of your old t-shirt!

In this lesson we want to show you how you can make something useful from an old t-shirt without needing a sewing machine.

You make your own unique bag!

SUMMARY OF THE LESSON:

1 min – welcome by Maaïke and Eileen

1 min – about the true value of a t-shirt

16 mins – cutting and knotting the shirt

2 mins – showing the bags

MATERIALS/EQUIPMENT/ICT NEEDED BY STUDENTS:

Old t-shirt and sharp scissors

PREPARATION TASKS / KNOWLEDGE NEEDED IN ADVANCE BY STUDENTS:

- take one old t-shirt that can be made into a bag
- they need to know how to cut a shirt with scissors

REFERENCES OR WEBLINKS:

- **shirt:** <https://happiestcamper.com/how-to-make-a-no-sew-t-shirt-bag/>
- **textiles & the environment:** <https://www.tes.com/teaching-resource/sustainable-textiles-ppt-and-research-activity-6142932>
- **teach ethical fashion:** <https://www.theguardian.com/teacher-network/2017/apr/06/want-to-teach-ethical-fashion-to-kids-heres-how>
- **lesson plan sustainable fashion:** <https://static1.squarespace.com/static/579095c1b8a79bc4629250d1/t/5d8f23d095f70c20d4e45eed/1569661922239/Get+Redressed+Lesson+Plan.pdf>
- **true cost of one t-shirt:** <https://www.purnaa.com/post/what-is-the-true-cost-of-a-t-shirt>

FOLLOW UP AFTER ASSIGNMENT:

- You can pimp your shirt by drawing on it with markers or make an embroidery on it.
- Also you can try to make a 3D print on your shirt.
- Calculate the % of the costs of one t-shirt.

- Count the amount of t-shirts and blouses from your family and yourself
- Ask them how many they almost never wear

- Calculate how much % this is

Textile waste mountain



Plastic soup in the ocean



fashion made from fashion



clothes and bags made from rejected clothes

