

Unit 6

Personal Fashion




Aspects of Personal Fashion

There are many things to consider when determining your own personal style. Ultimately, you get to decide. The following are basic guidelines.




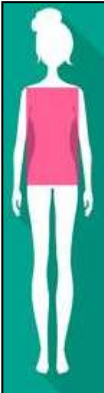
Yin/Yang Personal Style

- Yin/Yang is used to help you:
 - Create _____ with your personality.
 - Create _____ with your physical appearance.
 - Communicate a message with no words.

<u>Characteristics of Yang Fashion</u>	<u>Characteristics of Yin Fashion</u>
<ul style="list-style-type: none"> • Sturdy • _____ • _____ • Larger Scale • Buttons • Pleats • _____ • Heavyweight Fabrics 	<ul style="list-style-type: none"> • _____ • _____ • Rounded Shapes • Smaller Scale • Bows • _____ • Natural Flowing Patterns • Lightweight Fabrics
 <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 10px;"> ← → </div> <div style="display: flex; justify-content: space-between; width: 100%; margin-top: 10px;"> YANG YIN </div>	

Dressing for Your Body Shape

CIRCLE YOUR BODY SHAPE BELOW

<u>Body Shapes / Silhouettes</u>	<u>Description</u>	<u>Flattering Styles</u>
<p style="text-align: center;">Hourglass</p> 	<p>Shoulders and hips similar width with a narrow waist.</p>	<ul style="list-style-type: none"> • Use the waist as a focal point and wear clothing and accessories to accentuate it. (Wrap dresses, belts, etc.) • V-neck tops/dresses and tailored or form fitting garments are flattering. • Emphasize shoulder and neckline area. • Lead attention up towards face. • Smooth loose fit over entire figure.
<p style="text-align: center;">Triangle</p> 	<p>Narrow shoulders and wide hips.</p>	<ul style="list-style-type: none"> • Balance out the top with patterned or ruffled tops. • Wear tops that accentuate the shoulders. • Tighter pants with loose tops create the illusion of an hourglass figure. • Minimize lower torso and emphasize upper torso. • Lead attention upward. • Fill out shoulders and upper torso with soft fullness and design details. • Smooth, loose fit below the waist.
<p style="text-align: center;">Inverted Triangle</p> 	<p>Wide shoulders and narrow hips.</p>	<ul style="list-style-type: none"> • Wear more patterns on the lower half of the body and more minimalistic tops. • V-necklines create an illusion of narrower shoulders. • Minimize upper torso and emphasize center front at neckline or anywhere below the waist. • Lead attention inward at shoulders toward the neck. • Fill out area below waist with soft fullness or design details. • Smooth loose fit above the waist.
<p style="text-align: center;">Rectangle/Tubular</p> 	<p>Little variation between shoulders, waist and hips.</p>	<ul style="list-style-type: none"> • Skinny jeans and knee length A-line skirts are flattering. • Wearing belts or wrap dresses will help accentuate the waist. • Sleeveless, strapless and sweetheart necklines are flattering for the top. • Minimize waist and emphasize center-front above waist. • Lead attention inward and up toward face. • Fill out at shoulders. • Smooth, loose fit over figure.

Face Shapes

CIRCLE YOUR FACE SHAPE BELOW



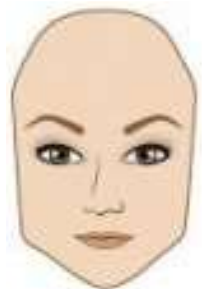
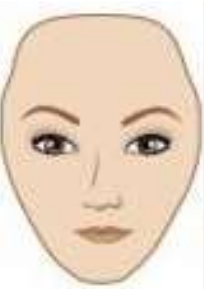








Oval	Round	Square	Diamond	Oblong	Heart
					
					
Forehead may be slightly wider than the chin, and the length of the face is about one and a half times the width.	Prominent rounded cheeks with equal width and length of the face.	Prominent jaw and square chin with forehead and jawline roughly the same width.	Narrow forehead and jawline with cheekbones at the widest point of the face.	Longer shape and not as wide as the oval with a narrow chin.	Wider forehead and cheekbones with a narrow jawline and chin.
Flattering Hat and Hair Styles					
<ul style="list-style-type: none"> • Any Style 	<ul style="list-style-type: none"> • Diagonal bangs. • Cover cheeks. 	<ul style="list-style-type: none"> • Add height. • Cover temples. • Diagonal bangs. 	<ul style="list-style-type: none"> • Fill out at temples. • Fill out at jaw. • Cover ears. 	<ul style="list-style-type: none"> • Cover partial forehead. • Fill out at cheeks. 	<ul style="list-style-type: none"> • Add height. • Cover temples. • Fill out at jaw.
Flattering Neckline and Collar Styles					
<ul style="list-style-type: none"> • Any Style 	<ul style="list-style-type: none"> • Lead attention down. • Vertical/ V-shaped. • Open collars. 	<ul style="list-style-type: none"> • Lead attention down. • Vertical/ V-shaped. • Scoop. • Open collars. • Narrow lapels. 	<ul style="list-style-type: none"> • Lead attention outwards. • Horizontal/ wide. • Square. • Scoop. 	<ul style="list-style-type: none"> • Lead attention outward. • Horizontal/ wide. • Square. • Open collars wide. 	<ul style="list-style-type: none"> • Lead attention outward. • Horizontal/ wide. • Scoop. • Square.

Figure Analysis

Answer the questions below. Then, quick sketch an outfit that would be flattering for your body silhouette and face shape

What is your body shape/silhouette?

Describe one flattering style for your body shape/silhouette.

What is your face shape?

What would you like to emphasize in your figure?

What, if anything, would you like to de-emphasize in your figure?

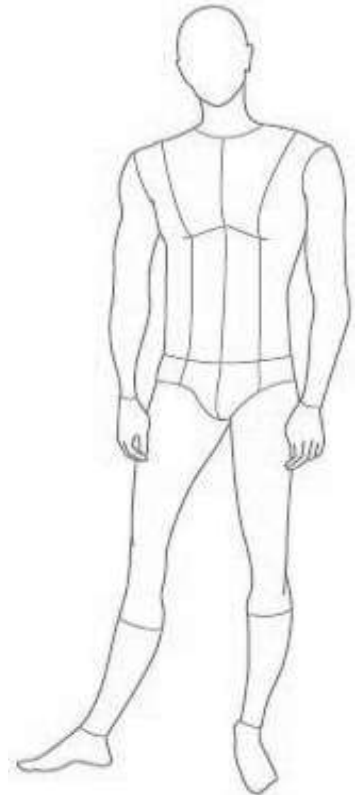
As we learned about the Elements and Principles of design, we discussed ways to accomplish different looks based upon what you wear. Describe how you can use the following elements or principles to achieve a flattering look for your body shape.

Line:

Color:

Texture:

Emphasis:



Personal Lifestyle – Week At A Glance

Using different colors, shade in the categories below. Then, using those categories as a key, shade in the chart based on what clothes you wear at certain times based on your lifestyle. This can help you determine what kind of clothing you wear the most and then help you build your personal wardrobe.

School	Casual	Formal	Sleep
Work	Semi-Formal	Exercise/Sports	Other: _____

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
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2:00 am							
3:00 am							
4:00 am							
5:00 am							

Wardrobe Planning

Select the statements on the left that are true for you and your wardrobe.

Then answer the questions on the right.

What are your current wardrobe issues?

- I don't have very much money to spend on clothes.
- My wardrobe is too plain, boring, ordinary, safe, and predictable.
- My clothes are ugly, I don't like them.
- My wardrobe is out-of-date.
- My clothes don't fit or flatter my figure. (Too big or too small.)
- I have too many clothes I don't wear.
- I don't have enough variety/flexibility in my wardrobe.
- My clothes don't go well together. They don't mix and match.
- My clothes are not orderly, organized, or easy to find.
- My clothes take too much time to care for.
- I don't know how to care for my clothes properly.
- I need a few more pieces to complete a variety of outfits.
- I need more clothes to wear at home.
- I need more clothes to wear at school/work.
- I need more special occasion clothing, or evening clothes.
- I need more athletic clothes.

Circle the top 5 wardrobe issues you selected on the left.

What are your wardrobe goals?

- Come up with a plan to get more money to spend on clothes.
- Get more quality clothes that will last longer.
- Get more variety in my wardrobe; make it more interesting.
- Add more fun into my wardrobe; beautiful clothes.
- Update my wardrobe; look more fashionable for today's trends.
- Get clothes that fit and flatter me.
- Weed out clothes that don't work for me.
- Build a mix-and-match wardrobe with a lot of variety.
- Organize my closet so clothes are in order and easy to find.
- Build an easy-care wardrobe.
- Learn to care for my clothes properly.
- Add a few new pieces to complete a variety of outfits.
- Get more casual clothing
- Get more school/work clothing.
- Get more special occasion clothing, or evening clothes.
- Get more athletic clothes.

Circle the top 5 wardrobe goals you selected on the left.

Choose 2 of your top 5 goals and describe an action plan to reach those goals. Be specific.

1. _____

2. _____

Personal Coloring Analysis

General Observations:

1. Hair Color: _____

Auburn/Red (Light)	Blue-Black	Blonde (Golden)	Blonde (Highlights)	Grey (Light)
Auburn/Red (Dark)	Blonde (Ash)	Blonde (Light Golden)	Brown (Light/Golden)	Grey (Platinum)
Black	Blonde (Light Ash)	Blonde (Dark Golden)	Brown (Medium/Chestnut)	Grey (Medium)
Black-Brown	Blonde (Dark Ash)	Blonde (Strawberry)	Brown (Dark)	Grey (Dark)

2. Eye Color: _____

Black	Grey-Blue	Bright Blue	Brown (Dark)	Hazel (Dark)	Green (Medium)
Black-Brown	Grey-Silver	Brown (Light)	Hazel (Light)	Grey-Green	Green (Dark)
Grey	Blue	Brown (Medium)	Hazel (Medium)	Green (Light)	Violet

3. Skin Complexion: _____

Beige (Light)	Black	Brown (Light)	Ivory (Light)	Ivory (Peach Tones)	Olive (Medium)
Beige (Medium)	Black-Brown	Brown (Medium)	Ivory (Medium)	Ivory (Pink Tones)	Olive (Dark)
Beige (Dark)	Bronze	Brown (Dark)	Ivory (Dark)	Olive (Light)	Porcelain

4. Color Season: _____

***Complete the Color Swatch Test on the next page.**

Color Swatch Test

Using the Color Swatch Kit and a partner, identify your own personal coloring. Use the worksheet below to help you track your answers

Test Colors:

Circle the colors below that looks best on you.

Black	vs.	Brown
Magenta	vs.	Orange
Silver	vs.	Gold
Circle Your Coloring		
COOL		WARM

Color Seasons:

Circle the colors below that look best on you.

<u>COOL</u>		
Chalk-White	vs.	Off-White
Pure Yellow	vs.	Pale Yellow
Pure Red	vs.	Cranberry Red
Pine Green	vs.	Teal Green
Pure Blue	vs.	Pastel Blue
Circle Your Coloring		
WINTER		SUMMER

<u>WARM</u>		
Cream	vs.	Yellow-White
Tan	vs.	Bright Yellow
Rust Red	vs.	Coral
Olive Green	vs.	Emerald Green
Teal Blue	vs.	Warm Aqua Blue
Circle Your Coloring		
AUTUMN		SPRING

**80% of people have a Cool Coloring.*

Go to Canvas and open the Personal Coloring Analysis PowerPoint to learn more about your color season.

Building Your Personal Wardrobe

8 Basic Pieces

- Choose _____ styles.
- Buy well-constructed garments.
- Consider _____.
- Consider your lifestyle.
- Choose _____ plus a favorite color.

6 Trendy Pieces

- Choose _____ styles and patterns.
- Choose colorful and fun styles.
- Include _____ to mix and match.

<u>The 8 Basic Pieces</u>	<u>The 6 Trendy Pieces</u>
<ul style="list-style-type: none">• Long Sleeve T-Shirt• Short Sleeve T-Shirt• Tank Top• Button Down Shirt (Tailored)• Jeans• Dress Pants• Light Weight Cardigan• Little Black Dress or Tailored Suit	<ul style="list-style-type: none">• Woven Shirt• Skirt or Pants• Patterned Jeans• Dressy Jacket• Casual Jacket• Patterned Scarf

Personal Wardrobe Mood Board Instructions

- Create a Personal Wardrobe.
- Include items YOU would wear according to your own personal style.
- Label **and** number the pieces.
- Include the following:
 - The 8 Basic Pieces with 4 Accessories
 - The 6 Trendy Pieces with 6 Accessories
- Create 4 outfits using items from the 8 Basic and 6 Trendy mood board items.
- Include a description that explains how this collection expresses your personal fashion characteristics and style. (At least 5 sentences).