



HOME PERSONAL CARE AWARD



PROJECT: MY CLOTHING

GOALS

- A. CLOTHING RESEARCH:** Interview a family member and learn about color combinations.
- B. CLOTHING CHALLENGE:** Complete the clothing challenge.

A. CLOTHING RESEARCH

Choosing which clothes you will wear each day is a key part of personal care. You might be playing a sport, meeting friends, or going to a church gathering. Part of elementary school is learning how to pick what to wear on your own. As you experiment, remember that your parents have the final say in what you wear.

Step 1—Interview a Family Member

Interview an adult family member about how he or she picks out clothing each day. Use the following questions to help you get started.

- What is your favorite color to wear? Why?
- What do you normally wear to work?
- What do you normally wear when you are at home?
- What do you normally wear to church?
- What is the craziest combination of clothes you wore as a kid?

Step 2—Learn about color combinations

Learn at least 4 of the below matching tips.

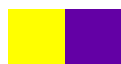
Primary Colors

The primary colors are blue, yellow, and red. You can mix all three colors, or use one or two of the colors with a neutral black, gray, or white.



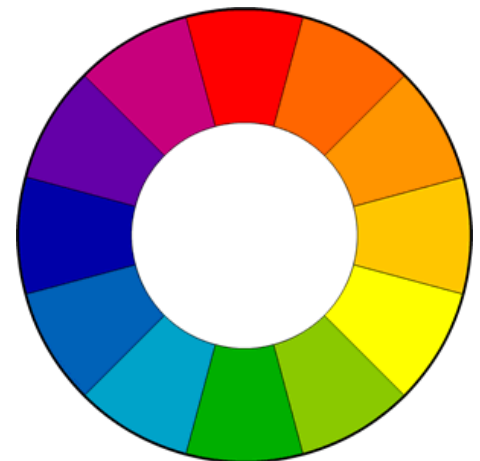
Complimentary Colors

Complimentary colors are opposite each other on the color wheel. Use both of those colors together in a clothing combination.



Similar Colors

You can also use colors that are right next to each other on the color wheel. For example, if you have a green shirt, you can add yellow and lime green to the combination.





Accent Colors

Try creating an outfit of all one color, and add just one or two items of an accent color. For example, if you have all black pants and shoes, add a colored shirt!

Matching Prints

If you have one patterned item, match it to a solid color for the easiest results. Pick a color that matches a color in the pattern exactly or that is a neutral color.

Neutrals

Use neutrals to match everything! Dark jeans, light jeans, browns, navy, white, and cream tend to match many things! Experiment to see what colors look best with your neutral tone.

B. CLOTHING CHALLENGE

Complete the following. Ask a family member or friend to be your judge. Just remember that sometimes personal taste is part of someone’s feedback!

1. *Pick out three regular clothing combinations.* Try matching combinations for a variety of needs—sporty, school, or Sunday.
2. *Have your assistant vote.* Your friend or family member will give you a score of 1-10 (10 being the highest) for each of your choices. Allow the person to make suggestions. If you get below a 5 in any combination—retry until you get a vote of 6 or higher.
3. *Get dressed and go.* Now get dressed using your favorite outfit of the three creations.
4. *Go crazy!* Together with your helper, try to make the most extreme combination of colors/patterns/clothing possible. Find the best example of what not to do. Show your choice to another family member.

RESEARCH MORE

- *I Can Dress Myself* by Terri Kelley
- *colormatters.com* —look for “Fun Color Matters, Color Matters for Kids”
- *mrprintables.com/printable-color-wheel.html*

My child has successfully completed the Project Goals for the topic—My Clothing.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your PERSONAL CARE award)