

Clothing Rewear & Repair

Overview

Choose one piece of clothing to repair, thrift, swap, or restyle. Share its story and reflect on how reweaving and caring for clothes can reduce waste and support more sustainable fashion choices.

Learning outcomes

- Recognize how clothing choices impact the environment.
- Explore more sustainable habits through repair, reuse or styling.
- Reflect on the personal and cultural stories behind clothing, including heirlooms (e.g., regalia or handed-down pieces).

Proof to submit

Student photos/stories (before/after photo, drawing or written reflection)

Curriculum Connections

- Art: Design, creativity, textiles, visual expression
- Social Studies: Culture, traditions, consumer choices, sustainability
- Science: Materials, waste, environmental impacts
- Health & Physical Education: Personal choices, wellbeing, responsible consumption

Materials

- Clothing item for repair, swap, or styling
- Basic repair supplies (needle/thread, patch, etc.) or styling props
- Optional: camera for before/after photos or videos; access to repair tutorials

Activity

Grades K to 6

Students bring in (or photograph) one item of clothing to repair or restyle. After modifying it, they create a short reflection or drawing about why they like the item and how their actions help the planet.

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Grades 7 to 12

Students choose one item of clothing to repair, thrift, or restyle. After modifying it, they write or create a short visual piece or video* explaining the story behind the item and why sustainable fashion choices matter. Optionally, they can also learn a repair skill (e.g., sewing on a button).

Tip: Students do not need to purchase anything new for this activity. They can use a second-hand item they already own, a family member's clothing, or an item available through a clothing swap. Students who cannot physically modify clothing can reflect on how they would repair or reuse an item.

**Important: Please ensure that any videos submitted as proof do not include student names or clearly identifiable faces.*

Resources for teachers

Visit the [Live Net Zero Classroom Challenge website](#) for additional resources and information.