

Flattering Fashions: Six Principles For Him And Her

Leader's Guide

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Flattering Fashions is closed-captioned for the hearing impaired.



Flattering Fashions is 20 minutes long.

Contents

Flattering Fashions: Six Principles for Him and Her contains a 20-minute program and a teacher's guide. Owners of the program may duplicate this guide for classroom use only.

Overview

The six classic principles of design are shape, line, color, balance, proportion and texture. Understand how they apply to clothes and develop a personal style that highlights your best features. Ignore them and risk looking out of sync or unbalanced.

Flattering Fashions uses current styles and “real people” to teach young men and women how to select clothes from sweatshirts to formalwear.

Objectives

This information-packed program shows students:

- How the body's shape or silhouette controls what others see.
- How to use the power of lines to emphasize height, conceal weight, and create illusions.
- How to use color to attract attention or minimize size.
- How to create pleasing proportions and avoid the clumsy “half and half” look.
- Keys to balanced dressing.
- How texture and sheen influence appearance.

Fashion Terms

- **Asymmetrical Balance (Informal Balance)** Two sides differ, yet appear to have equal weight distribution.
- **Argyle** Diamond shapes in colorful patterns; primarily used in sweaters and socks.
- **Bermuda shorts** Shorts style ending at lower mid-thigh.
- **Camisole** Top half of a slip without the bottom.
- **Corduroy** Soft pile weave with ribbing called wales. Width from narrow pin wale to wide wale.
- **Crew neck** High plain neckline with knit ribbing.
- **Darts** Provide shape and curves so a garment fits the body.
- **Element** Basic component or material used to create a design.
- **Golden Mean** Belief that 3:5 proportions and 5:8 proportions are pleasing to the eye.
- **Hourglass Silhouette** Emphasizes bust and hips with a small waist.
- **Horizontal Lines** Draw the eye across the body and appear to make it appear wider.
- **Ruffles** Strips of fabric gather, flared, or pleated on one edge, free on the other.
- **Monochromatic color scheme** Outfit that uses several values of the same color.
- **Neutral colors** Colors not on the color wheel. Black, white, and gray are true neutrals.
- **Pattern** Arrangement of lines, spaces and/or shapes on fabric.
- **Platform** Shoe style with thick stiff sole.
- **Polo** Short-sleeved, knit sports shirt
- **Principle** Guideline or method of manipulating a element of visual design for a specific effect.
- **Scale** Consistent relationship of sizes to each other and to the whole.
- **Sheath** Dress style with no waist line; vertical darts give a waist fitting.
- **Shoulder bag** Purse with long strap that hangs from shoulder.
- **Silhouette** Outline of an object.
- **Slingback** A variation on the pump with an open heel held by a strap.
- **Symmetrical balance** Also called formal balance; one side exactly mirrors the other side.
- **Texture** Refers to a fabric's fit and appearance. A principle of design.
- **Turtleneck** Snug-fitting collar that stands high on the neck and turns down evenly.
- **T-shirt** Lightweight, knit pull-over shirt with short sleeves and plain, round neck.
- **Tweed** Rough surface wool with several colors in the pattern.
- **Vertical lines** Lead the eye up and down so they appear to add height.

Summary

Shape

Shape, or *silhouette*, is the outline of the body and clothing, or clothing alone.

- **Rectangle:** A shirt worn outside Bermuda shorts creates a straight outline that obscures a person's build.
- **Triangle:** Fullness at the bottom gives a broad base for a narrow top.
- **Inverted Triangle:** The bulk is on the top with a narrow base. It emphasizes broad shoulders and is a good choice for anyone carrying weight in the hips. Clothing with broad shoulder pads often creates an inverted triangular shape.
- **Hourglass:** Feminine silhouette emphasizes bust and hips and highlights a small waist.
- **Natural:** When clothing fits close to the body, the body's shape and clothing's shape are the same. Tight fitting work-out clothes and swimwear emphasize the natural shape.

Line

- Horizontal lines move the eye across the body, so they appear to add width and make a person appear heavier and shorter.
- A cropped top with low-rise pants and belt create three horizontal lines that emphasize width.
- Vertical lines lead the eye up and down so they add height to the body and make it appear narrower.
- A pants cuff interrupts the line of the leg; a crew-neck T creates a horizontal line that divides the neck.
- An ankle strap on a shoe interrupts the line of the leg. Boots also divide the line of the leg when pants are tucked into them. A slingback shoe has a more elongating effect because no strap interrupts the line of the leg.
- Diagonal lines lengthen when the slant is closer to vertical. Diagonal lines shorten when the slant is closer to horizontal.
- Curved lines usually follow the contour of the body, so they add weight to a thin person.

Summary, cont.

Color

- Relationships create color. When light and dark colors are worn together, dark clothes minimize, while light clothes emphasize.
- Two-color outfits draw the eye's attention to the line where the separates meet.
- Light colors advance when worn with dark colors.
- Bright colors emphasize what's near them. A brightly colored shirt under a dark jacket calls attention to the face.
- Neutral colors act as backgrounds for personal coloring and bright colors.
- Monochromatic dressing means wearing one color from head to toe; it creates an uninterrupted line that makes a person look as tall and thin as possible.

Balance

- A sport coat shows **symmetrical balance**; measured from the center, one half of the design exactly mirrors the other half.
- With **asymmetrical balance** design details differ. Side closings show informal balance.
- Wide leg pants can bring vertical balance because they balance a broad hip.

Texture

- Texture refers to how a fabric feels and how it appears.
- Soft clingy fabrics reveal the body's shape.
- Heavily textured fabrics enlarge or call attention to a figure.
- Shiny fabrics include satin and vinyl; because they reflect light, they make a person appear larger. They attract the eye and call attention to the body.
- Combining textures give an outfit interest.
- When layering, wear lighter-weight fabrics underneath.

Proportion

- Proportion is the relation of the size of the parts to the whole and to each other. Ratios like three to five and five to eight are more pleasing to look at than exact halves.
- Scale means how large or small parts relate to the whole.

Quiz

Match the term with the correct description.

- | | |
|-----------------------------|----------------------------|
| A. Shape | B. Horizontal lines |
| C. Rectangular shape | D. Symmetrical |
| E. Scale | F. Dark colors |
| G. Inverted triangle | H. Neutrals |
| I. Monochromatic | J. Vertical lines |
| K. Texture | L. T-shirt |

1. _____ The first thing seen when looking at a person from a distance.
2. _____ Shape that obscures the wearer's middle while balancing shoulders and hips.
3. _____ Shape which adds visual weight to the upper torso.
4. _____ Adds visual width and makes a person appear heavier and shorter.
5. _____ Creates the impression of height.
6. _____ Pair up well with other colors.
7. _____ Wearing one color from head to toe.
8. _____ Both sides have the same details.
9. _____ How large and small parts relate to the whole.
10. _____ Creates a slimming effect when worn with light colors.
11. _____ How a fabric feels and appears.
12. _____ Clothing style which creates a line at the neck.

Quiz Answer Key

Match the term with the correct description.

- | | |
|-----------------------------|----------------------------|
| A. Shape | B. Horizontal lines |
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1. A The first thing seen when looking at a person from a distance.
2. C Shape that obscures the wearer's middle while balancing shoulders and hips.
3. G Shape which adds visual weight to the upper torso.
4. B Adds visual width and makes a person appear heavier and shorter.
5. J Creates the impression of height.
6. H Pair up well with other colors.
7. I Wearing one color from head to toe.
8. D Both sides have the same details.
9. E How large and small parts relate to the whole.
10. F Creates a slimming effect when worn with light colors.
11. K How a fabric feels and appears.
12. L Clothing style which creates a line at the neck.

Discussion Questions

1. Which principle of design do you plan to apply when you next shop for clothing?
2. Which fashion silhouettes are currently in style? Which are out of fashion?
3. What did the program say about necklines?
4. Do you agree that wearing dark clothing on the bottom and lighter colors on the top has a slimming appearance?
5. What did you learn about selecting jeans?
6. Is it currently fashionable to mix textures that differ greatly? Give examples of mixing textures from your wardrobe.
7. What did you learn about proportion from the program?

Activities

General

1. Use “the blink test” to see how well you use design to control the response of anyone who looks at you. Look at yourself from a distance in a mirror. Close your eyes for five seconds and then open them. What’s the first thing you see?
2. Select a photograph of a family member. Discuss how the relative used design principles in the clothing photographed.

Shape

3. Clip from a magazine examples of the five silhouettes: rectangle, triangle, inverted triangle, hourglass, and natural. Label each example.

Line

4. Select a full length view of someone wearing a garment. Using a ruler and a colored pen, draw over all the vertical lines in the garment design. Change ink color and draw over the horizontal lines, diagonal lines, and curved lines.
5. Clip from a magazine examples of males and females wearing various lines: vertical, horizontal, curved, and diagonal.

Color

6. Create a notebook with examples from fashion magazines illustrating monochromatic color scheme, use of neutral and bright colors, dark colors on the bottom with light colors on top and vice versa.

Balance

7. Illustrate examples of formal and informal balance. Find an example of boot leg pants balancing a large hip.

Texture

8. Create a montage of fabrics, including heavily textured and soft fabrics. Include also nubby and shiny textures.

Proportion

9. Prepare a poster showing pleasing proportions.
10. Model an outfit which uses several design elements to emphasize your best features. Explain to the class why you chose each piece.

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