

## Lesson Plan

### *Lesson 4: How can we fix our clothes?*

Year Group: 3-6

#### **National Curriculum links:**

Design

1) Select from and use a wider range of tools and equipment to perform practical tasks (e.g. sewing).

Science

1) Compare and group materials based on properties; understand reversible and irreversible changes (e.g. dyeing, repairing).

#### **Summary:**

In this lesson, pupils will explore the concept of the circular economy by learning how clothes can be reused, repaired, and recycled instead of being thrown away. They will practise basic sewing techniques to repair a piece of fabric or clothing. Through discussion and hands-on activities, pupils will reflect on how their choices as consumers can help protect the planet.

#### **Prior knowledge required:**

- Understanding that clothes are made from different materials, both natural and synthetic.
- Awareness that waste can harm the environment and that recycling helps reduce this harm.
- Familiarity with the idea that items can be reused or repurposed instead of thrown away.

**Learning objective:** To understand how repairing and reusing clothes supports the circular economy and helps reduce waste.

#### **Success criteria:**

- I can explain what the circular economy is and how it relates to clothing.
- I can describe why repairing clothes is better for the environment than throwing them away.
- I can use basic sewing techniques to repair a piece of fabric or clothing.

**Prepare before the lesson:**

For children to bring in a holey sock to repair.  
Mini whiteboards and whiteboard pens.  
Resources for optional extension activities (see PPT).

**Lesson outline****Slide 4: Vocabulary**

Explicitly teach children the vocabulary words using the definitions in the PPT notes.

**Slide 5: Vocabulary task**

Give 2 minutes for children to match the pictures to the numbers. See PPT notes for answers.

**Slide 8-13: Linear and circular economy definition**

Children learn what a linear and circular economy is and the difference between them.

**Slide 14-15: Impacts of a linear economy****Slide 16-17: Benefits of a circular economy****Slide 19-22: Repairing socks**

Children learn 3 methods to fixing their socks and practice one of them.

**Slide 23-24: 5 tip to looking after your clothes****Slide 25: Discussion points (see PPT notes)****Slide 26-28: Optional extension activities**