

The Right Clothes to Wear

The Explorer's Sheet

Explore and answer: -



Image source- https://i.natgeofe.com/n/b41b1997-d6e6-402a-aeb8-677e7a57fdd/MM9940_220518_0582.jpg

Clothes waste, or textile waste, is a significant environmental issue globally. Each year, millions of tons of clothing end up in landfills, contributing to environmental degradation. The production of clothing involves intensive use of resources like water, energy, and chemicals. When clothes are discarded, they often do not decompose easily due to synthetic fibers, further polluting soil and waterways. Additionally, the trend of fast fashion encourages rapid consumption and disposal of clothing, exacerbating the waste problem. Addressing clothes waste requires efforts in recycling, reusing, and reducing consumption, as well as promoting sustainable fashion practices to minimize environmental impact and preserve resources for future generations.

- Organize a clothes donation camp in your society/ building during change of season. Collaborate with an NGO to pick up the clothes. Alternatively, you can also invite the helpers of your area to pick clothes you have collected or drive and donate in an orphanage or old age home.
- Check with you mother on how old clothes are disposed or what is done with them. Old clothes can be donated. But we can also recycle and reuse them by making many useful items from them. Example-

Size	Item	Recycle item
Big	Curtains, table cloth, bedsheets	Bags, smaller table cloths, chair covers, small appliances cover
Medium	T-shirts, pants, shirts	Coasters, patchwork, rugs and mats
Small	Baby clothes	Quilts and sheets with patch work

Collaborate with the NGOs/ tailors/ boutiques of your area to see how you can channelize the waste of houses to providing the raw material for these shops.

- Make a brochure of the national costume of 10 countries. Paste the pictures of the clothes of men and women of that country.
- India is country of diverse religions and cultures. The clothes are integral part of the identity. Paste pictures of the clothes of 10 states of India.
- Organize a small debate in your class on natural and synthetic fibers. Asking students which one they prefer and why?
- Collect different types, sizes and patterns of cloth pieces and make a coaster.
- Google about sustainable clothes. What are they? What are they made up of? What benefits they offer over natural and synthetic fibers?
- Now-a-days vegan leather/ plant-based leather is also available. Research about these new leathers and make a PPT covering what it is, its different types, uses and benefits.
- Think and reflect on how many pair of clothes you own? How much you buy and how much you throw? Can you buy less? Can you donate or share with your sibling/ cousin instead of throwing?

Studies have shown buying less clothes means saving money. Saving shopping time. Saving time on thinking what to wear every day. Saving time spent on maintaining and organizing wardrobes. Saving space. Seems buying less clothes can give you higher returns than any SIP!!!