

Arts

Style is always in fashion

RecyCOOL Lessons

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Style is always in fashion

Description of the lesson

This lesson we explain that a capsule wardrobe serves good to avoid impulsive buying and helps us to be satisfied with items of our wardrobes in our daily life. Then we look in more detail at the meaning of the word “capsule wardrobe” and its history. We will talk through the benefits of a capsule wardrobe and introduce how to build a capsule wardrobe ourselves. Learners will try to be creative with their collection of pieces that they decide to keep or own already, which will lead to defining their style.

Objective

Objective is to analyse online fashion shops and determine the current trends. Then try to analyse whether you make shopping decisions influenced by these trends or not. You will create outfits from your wardrobe, adding some pieces from the online fashion shop or brand.

After this lesson you will be able to

- build your capsule wardrobe and shop more consciously

Tools and materials:

your closet

CAPSULE WARDROBE:

The kind of compact closet that only holds the minimum number of pieces that can match a lot of your other pieces with great ease.



Do you sometimes have the feeling that you have nothing to wear and then you impulsively buy new clothes for special occasions? Or do you think you have everything you need?

You will learn how to build your lasting, variable wardrobe with minimal pieces. That concept is called “a capsule wardrobe”. It helps to reduce how many items you buy when shopping and also to get a better styled, more unique and personal look.

The concept of a capsule wardrobe has been very popular and widely discussed on social media in recent years. But the concept isn't new as it emerged several decades ago! In the 1970s, Susie Faux opened a boutique called "Wardrobe" in London, where she used to sell minimalist-looking clothing that was versatile, high quality and that could be easily mixed and matched.

Her goal was to help women gain confidence in how they dressed and looked. The concept of a capsule wardrobe then spread to the USA in 1985, when designer Donna Karan created her "Seven Easy Pieces" line. Her models were all dressed in bodysuits and showcased seven clothing pieces by creating various outfits with them.

The fashion show was a success, and the idea of having an interchangeable minimalist wardrobe became popular. It is now trending again, probably because having a capsule wardrobe makes our lives so much easier too!

Capsule wardrobe—the kind of compact closet that only held a minimal number of pieces, that matched each other with great ease, and that consequently also allowed for saving time in the mornings.

Perhaps because the economic downturn hit at the same time that a furious decade of fast fashion has been taking a toll on our finances/ spending, our attitudes to buying and owning clothes, impact on the environments and the welfare of people in the production line, the capsule wardrobe appeared to be the solution to everyone's fashion woes.

Six benefits of capsule wardrobe

1 CAPSULE WARDROBES SAVE YOU TIME

You won't spend hours searching in stores or online, trying to figure out what to buy. Capsules use a defined colour palette, which narrows your focus. Once you hone in on fewer options, making decisions gets much easier—and quicker.

You'll also save time getting dressed each morning. No more trying on outfit after outfit, wondering "does this work?". Because the pieces of your capsule wardrobe were designed to go together, making outfits you love is a breeze.

2 CAPSULE WARDROBES SAVE YOU MONEY

To begin with, Capsule Wardrobes use fewer pieces, so there's less to buy overall. But sticking to your Capsule plan keeps you from buying pieces you'll only wear once or twice—or not at all, because you have nothing to wear with them.

3 CAPSULE WARDROBES HELP YOU DO MORE WITH LESS

You don't need more clothes, you need the right clothes, and Capsule Wardrobes help you do that. One thing most wardrobes are missing are great basics that make style easy.

Capsule Wardrobes start with good foundational basics, and add fun pieces to keep your wardrobe functional and fabulous



Photo credit: [Charlotte Trounce](#)

4 CAPSULE WARDROBES GIVE YOU CONFIDENCE

A lot of people may not feel confident when it comes to putting outfits together, or trying new things. Because all the pieces of a Capsule Wardrobe work together, it's goof-proof. You can't help but look, and feel, stylish. And when we like the way we look, our confidence in all areas of our life soars.

5 CAPSULE WARDROBES ARE GOOD FOR THE PLANET

Did you know that, on average, we wear only 20% of what we own, and we throw away 80 pounds of clothing each year? That's a lot of waste. Because Capsule Wardrobes are made up only of pieces you love, you'll wear more of what you have, and you'll want to hang on to your pieces longer.

When we buy less, and wear it longer, we decrease the demand for clothing production, which has a positive impact on the environment.

6 CAPSULE WARDROBES MAKE GET DRESSED FUN AND EASY

Imagine opening your closet, and loving everything inside. Now, imagine, no matter what you choose, your outfit comes together effortlessly. How much easier would that be?

How much more fun would it be to get dressed for special events, or your everyday life, if it was effortless, and you knew the results would be fabulous. That's what Capsule Wardrobes do.



How to start your own capsule wardrobe

The first step is to take a good, hard look at what you already own, and purge the rest by donating it to a charity shop (who is transparent about where the clothes end up!), giving it directly to family and friends or re-selling it online via a second-hand shopping platform like eBay, Depop, Vinted and more.

We don't mean opening it and flippantly going through the hangers. We mean that you should take every single piece out of your closet, then evaluate if it should go back in.

Then, sort each item into one of FOUR PILES:

1 I LOVE IT AND I WOULD WEAR IT TOMMOROW

These pieces fit your body, your lifestyle, and you're happy wearing them. Put these back first.

2 MAYBE

These pieces might not fit perfectly, have sentimental value, or you just can't put your finger on why you don't wear it more. (If you haven't reached for it more than once, it belongs in this pile too).

Put all of these items in a box and store it in a place that's easily accessible. If you find yourself reaching for an item, put it back in your closet after; if you haven't reached for it by the end of the season, keep it in the box to take to donate. This is noncommittal (for now) and allows you to change your mind later.

3 HARD NO

Whether it's because it doesn't fit or you just decided you don't like it, pack these pieces up to donate them.

4 SEASONAL

There's no need to keep a cashmere sweater next to your summer tank tops. Move all of your seasonal pieces into a storage location that will be easy for you to swap out once the time is right.

Capsule wardrobe is something different for each of us. It's not always tshirt and jeans. If you are a dress person and never wear jeans, then your capsule is a floral dress and no jeans. Capsule wardrobe has to suit your personality and needs.

Now, look at what's left in your closet and evaluate what your personal style is and what is missing from your collection. Maybe you're completely set on jeans but could use a new jacket for fall. Now that you have a clear vision of what you'll be able to pair that jacket with, you'll make a better selection for what fits your closet.

This doesn't mean you have to completely forego trendy pieces and forever live wearing button-ups and jeans—it just means that when you do purchase trendier pieces, you know that they'll have a place in your wardrobe and that they'll get worn.

Task

Pick from these occasions and put together an outfit from things you have at home.

Do you feel like you need to add some pieces from the online stores?

Would you wear it even after the occasion you are building it for?

Try to find repeated use one exact piece in all styles.

- visiting grandma
- theatre
- playing sports
- your friends birthday
- party
- school
- prom



Reflection

Were you happy with your styling? Did you manage to use one piece for more than one occasion or purpose?

Tips for the best styling:

- You can try to use a “summer” piece of clothing in your autumn / winter wardrobe.

It is possible to upgrade your usual denim clothes by adding accessories.

- Use different textures, and materials in the same colour – it will make your outfit more dynamic.

Inspiration is everywhere: paintings, films, books, nature, just look around, analyse colour combinations, shapes, moods and try to use it in your wardrobe.

- Have a look at designers, think what you like about their creations, try to apply it to your body type, your lifestyle.

Analyse which colours you like and which shades look good on you. It is better for a capsule wardrobe when you stick to one colour scheme.

- The “Golden Ratio” principle – which is used in architecture, photography, and painting – is also useful in making your outfit harmonic and beautiful.

- You can also try a 3-month challenge called [Project 333](#) to define your own personal style and create your capsule wardrobe. .

Resources

Six Benefits of a Capsule Wardrobe. Available at <<https://youreverydaystyle.com/six-benefits-of-a-capsule-wardrobe/>>

Eva Astaul. What Is A Capsule Wardrobe? (& How To Build One). 2022. Available at: <<https://www.sustainably-chic.com/blog/what-is-a-capsulardrobe>>

Hannah Almasi. How to Build a Capsule Wardrobe That Will Last a Lifetime.2022. Available at::<<https://www.whowhatwear.co.uk/how-to-capsule-wardrobe>>

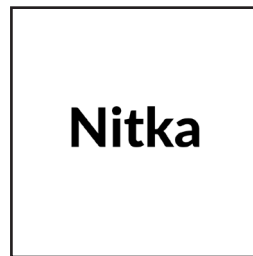
Madeline Galassi. How to create a capsule wardrobe. 2022. Available at <<https://theeverygirl.com/how-to-create-a-capsule-wardrobe/>>



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