

# Re-use cascade training session plan



## Theme

Buying

## Objectives

To demonstrate to participants that second hand clothes can be beautiful and are not second best. In some cases it may also make people realise that they already have some second hand items that they've never thought about.

## Outcomes

To make participants think about what they have at home that is second hand and where they got it from. Also potentially how long it's lasted – emphasizing the quality.

## You will need

- If doing option 1 - then pre-course instructions are required to go out to all attendees to ask them to wear or bring something second hand.
- If doing option 2 - Pen and paper.

## Instructions for the group

Your task is:

**Option 1)** To wear something to the session that is second hand. This could be an item of clothing that is preloved either by a member of your family, a friend or from a charity shop. If you don't have any clothing, maybe a piece of jewellery or something else from your home. Then show everyone the item(s) and say:

- Where it came from
- What it cost (if applicable)
- Anything else of interest such as:
  - Why it has sentimental value
  - How old it is
  - Why you love it

**Option 2)** (If you haven't sent our pre-course instructions). Think of something you have at home that is second hand. Draw a rough representation of that item, then show it to everyone and tell them the answers to the bullet points above.

## Hints/useful links

If people say they don't have any second hand clothes, prompt them about what else they may have second hand (maybe donated by family member) such as jewellery, furniture, photos, car etc.

