

GRWM

*...to Follow
my Dreams!*

**"Clothes mean nothing until
someone lives in them."**

Marc Jacobs



Group: 5B

Teacher: Mónica Rosales Anzaldo

Atelierista: Emma Ochoa Abundis

Ages: 10-11

School year: 2025-2026

Let's begin our journey!

Welcome to a project created by fifth graders in which fashion becomes a language to express identity, aspirations, and personal growth.

Through clothing design and artistic exploration, students transform garments into symbols of their dreams and future goals. This project invites participants to reflect on who they are, who they want to become, and how their choices shape their journey.

By combining imagination, creativity, and self-expression, this project encourages students to see clothing not only as something we wear, but as a powerful form of storytelling. Each outfit represents a dream, a talent, or a hope, allowing students to visually communicate their inner world.



"Fashion is a way to represent our style" - Valentina Roldán

"Clothing is important to protect our bodies from temperature changes"
Haffid Gómez



Triggering activity

Purpose

The aim was to foster creativity, collaboration and self-expression through an artistic fashion project. Students were encouraged to represent personal dreams and ideas using clothing as a visual language.



Outcome

The activity strengthened teamwork, self-confidence, encouraged artistic expression, and promoted respect for diverse ideas within the classroom community.



Development

Students worked in teams using fabric pieces and materials to design an outfit with symbolic meaning. One student participated in a short parade to present the outfit, while the group explained its concept to the class.





GRWM to Reveal My Routines!



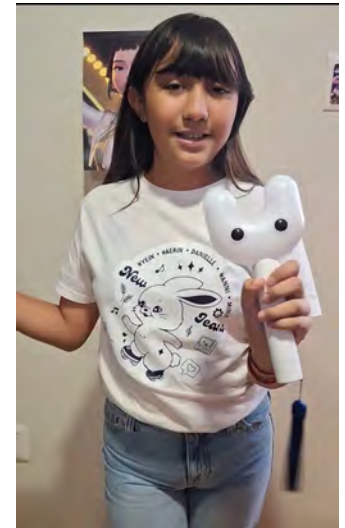
“Clothing styles represent different historical times” - Bruno Duque

This activity engaged fifth-grade students in recording a “GRWM” (Get Ready With Me) video to prepare for a special event. The purpose was to reinforce previously learned vocabulary related to clothing and personal routines while developing students’ speaking and self-confidence skills.

This recorded short videos in which they described the clothes they chose and explained why they were appropriate for the special occasion.

Overall, the activity promoted vocabulary reinforcement, communication skills, and positive self-esteem through creative and purposeful language use.

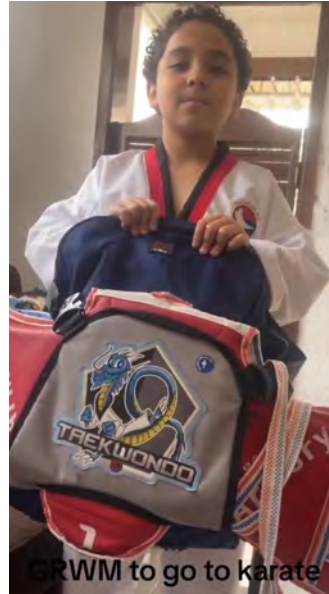
“Through my video I could show my fashion style and nice effects on screen” - Sofía Galván





"I realized I'm not embarrassed to let other people know what I do to get ready in the morning"
Dania Sánchez

"I really enjoying recording my outfit through a video. I could show my clothing style to my classmates" - Cristina Hurtado

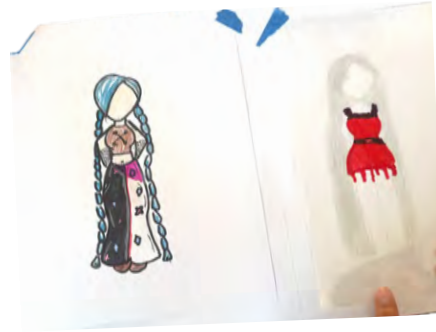


" I really enjoyed showing my sport's favorite outfit, my karate black belt" - Gustavo Alba

"Recording this GRWM made me feel confident about showing my favorite clothes to everyone"
Luna Figueroa

GRWM to go to karate

Designing Identity: A Human Body Portfolio Project



Fifth graders engaged in a hands-on project creating human body portfolios using acetates. They designed various outfits for each figure, exploring creativity through careful assembly and layering of materials. This activity encouraged artistic expression, fine motor skills, and dynamic visualization of clothing changes.

“ By using acetates I could design my favorite outfits for the portfolio” - Alejandra Hierro





"I really enjoyed designing a soccer uniform for my favorite soccer player" - Diego Albarrán



"Through this activity, I could combined fashion and drawing" - Jesús Hernández



" I understood that is very difficult to create new clothing outfits, but I enjoyed it" - Victoria Chávez



Learning Fashion Through Expert Experience

Fashion History & Styles

Gabriela Vargas, a professional fashion designer, introduced students to fashion history, explaining its evolution and cultural influences. She showcased how designers use colors, shapes, and fabrics to communicate ideas, highlighting fashion as a creative and expressive medium.



Sustainable Clothing

The expert emphasized sustainable clothing, encouraging students to consider recycling fabrics, reducing waste, and making environmentally conscious choices. Her visit inspired responsible and imaginative design, supporting their Atelier project.



"We learned how clothing styles changed through History" - 5^oB



“ Upcycling is a funny and creative way to redecorate and wear clothes you already have”
Kenji Morales

Creative Upcycling: Giving New Life to Clothing

This activity challenged fifth graders to transform old clothing into redesigned garments, promoting upcycling and sustainable practices. Students selected an item, then used various materials, colors, and decorative elements to give it new life. This fostered creativity and responsible consumption.



“ Upcycling is a nice technique to give your clothes a second chance to wear them- Fátima Garrido



The Upcycling Process

Students discussed their inspiration and design choices, practicing creative thinking and artistic skills. This process raised awareness of sustainability and environmental responsibility, strengthening problem-solving, and confidence as they shared their unique creations.



" I understood that is very difficult to create new clothing outfits, but I enjoyed it" - Emily Bárcenas



" I understood that creating new clothing outfits is hard but I really interesting" - Emma Arellano



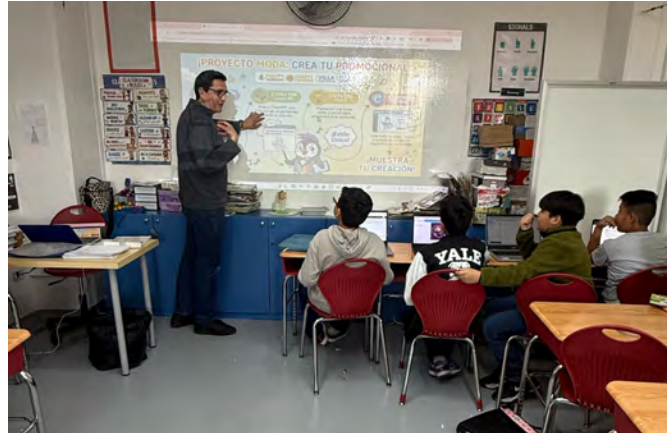
" I enjoyed the upcycling technique because I learned to sew and redecorate my shirt"- Josefina Martínez

" Upcycling is useful because you can use old clothing to transform it in a purse, a scarf, etc"- Valentina Arellano



From Redesign to Digital Presentation

“It was very interesting to combine fashion and technology so people know about our upcycling process” - 5^oB



In a collaborative effort, the ITEC teacher guided students to create digital flyers showcasing their upcycled clothing. This integrated creativity, digital skills, and environmental awareness, encouraging reflection on sustainable fashion practices.

Students described the original garment, explained their changes, and highlighted their inspiration. By organizing information visually and using appropriate vocabulary, they practiced digital communication while reinforcing concepts of upcycling and responsible consumption.

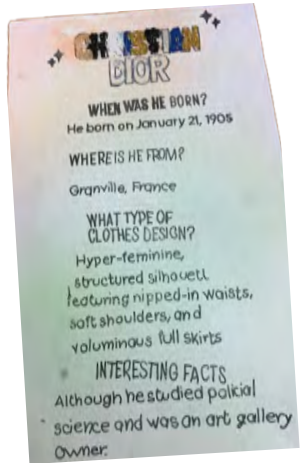


Visual Stories of Great Designers

In this activity of this project, fifth graders created infographics about their favorite fashion designers. The students carefully selected the most important information about each designer's life and style.



They also included meaningful images. This activity helped students develop research, design, and summarization skills while allowing them to express their creativity.



The final infographics were colorful, informative, and reflected the students' genuine interest in the designer they chose. It was a fun and educational way to blend fashion appreciation with digital literacy.



“ It was very interesting to search about the designer of my favorite trainers’ brand. and how he started his career”- Matías Carrillo

Fashion Beyond the Classroom: Latin American Inspiration



Fifth-grade students visited two fashion exhibitions focused on Latin American fashion. The purpose was to broaden their understanding of fashion as cultural expression, exploring how history, identity, and creativity are reflected in clothing across the region.

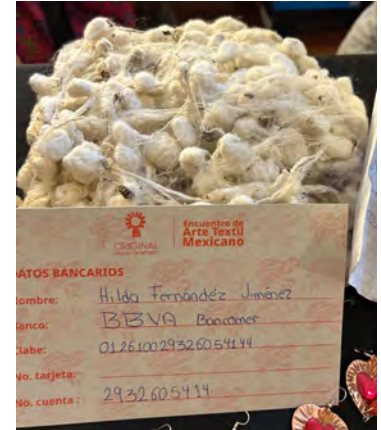


They observed diverse garments, textiles, and designs, learning how colors, materials, and patterns communicate cultural values. This experience enriched their Atelier project with authentic references, promoting cultural awareness and visual literacy.





" I really enjoyed all the handmade clothing, the runway, and the textiles used" - Ximena Medel



What We Carry to Reach Our Dreams



Feelings



Bravery, hope, and resilience are essential emotional supports.



People

Family, friends, and teachers provide invaluable encouragement.



Objects/Tools

Learning resources and well-being items support our journey.

This activity encouraged students to reflect on the idea that dreams are not achieved alone. Using a backpack as a symbol, students identified what they "carry" to help them move forward. They drew or wrote on cards, organizing ideas into feelings, people, and supportive objects.

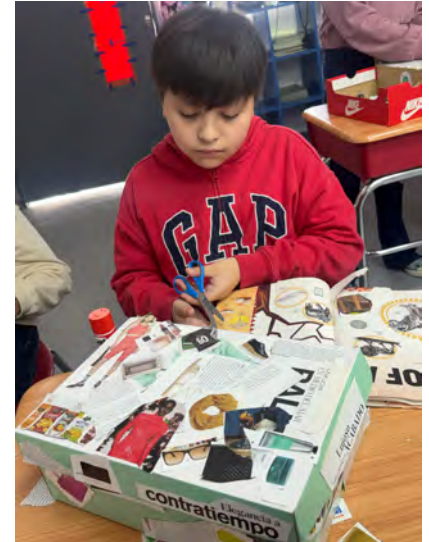




“ Following your dreams needs a lot of effort, hard work, and help from your family” - Paulo González



“ I understood that families are important because they support you to follow your dreams” - Emilio Acosta



Conclusion



Meaningful Learning

Connected creativity, self-expression, and reflection through fashion.

Skill Development

Enhanced artistic, social, and emotional skills.

Key Activities

Upcycling, digital flyers, support system reflection, and collaborative displays.

Core Message

Dreams are built through effort, collaboration, and support.

The "GRWM... to Follow My Dreams!" Atelier project provided fifth graders with a rich learning experience. Students explored how clothing communicates identity and values, while developing essential skills. The project fostered responsibility, sustainability awareness, and appreciation for diverse perspectives, reinforcing that following one's dreams is both a personal and collective journey.

