

## Theories, Policies and Practices Microteaching

### Topic:

How do we interact with our clothes?

### Date:

4<sup>th</sup> February 2026

### Length of Session:

3 hours

### Objectives:

In this session you will...

- Be introduced to the idea of garment research through three steps: Observe, Reflect, Interpret.
- Undertake observation and reflection of your garments – considering the connections we have to them.
- Use these to consider how YOU interact with your clothes
- Be shown how I use this in my practice.

### Links to the learning outcome:

- N/A (microteaching activity as part of PG Cert)

### Tutor preparation:

- PPT presentation
- Example garment
- The Dress Detective ([LCF Library Link](#))
- Craft of Use ([LCF Library Link](#))

### Student preparation:

- Select a garment, consider the following;
  - Is it a favourite garment?
  - Does it have cultural significance to you?
  - Does it have sentimental value?
  - Is it something you use every day?

## Theories, Policies and Practices

### Microteaching

<p><b><u>Welcome and Introduction</u></b></p> <p><b>‘How do we interact with our clothes?’</b></p> <ul style="list-style-type: none"> <li>Context for who I am, what I teach and why I love garment research so much!</li> <li><i>“Material objects matter because they are complex, symbolic bundles of social, cultural, and individual meanings, fused into something we can touch, see and own.”</i></li> </ul> <p>Anne Smart Martin (The Dress Detective, 2018. Mida, Ingrid E &amp; Alexandra Kim)</p>	3 mins	0 h 03
<p><b><u>Observe</u></b></p> <ul style="list-style-type: none"> <li>Capturing the information of the garment.</li> </ul> <p><b>TASK 1: notes in chat – 5 words</b></p>	2 mins	0 h 05
<p><b><u>Reflect</u></b></p> <ul style="list-style-type: none"> <li>Time of thoughtful contemplation.</li> <li>Emotional and sensory engagement with the garment; you pause and may reconsider your examination.</li> </ul> <p><b>TASK 2: group discussion</b></p>	5 mins	0 h 10
<p><b><u>Interpret</u></b></p> <ul style="list-style-type: none"> <li>The creative phase - linking observations and reflections to create a personal interpretation.</li> </ul> <p><b>TASK 3: further discussion – consider how <u>YOU</u> interact with your clothes.</b></p>	5 min	0 h 15
<p><b><u>Interpret – Extension</u></b></p> <ul style="list-style-type: none"> <li>Show example of my practice – child’s ski jacket to garment I wear all the time.</li> </ul>	2 mins	0 h 17
<p><b><u>Plenary</u></b></p> <ul style="list-style-type: none"> <li><i>“Give attention to tending and wearing garments; [...] favour their use as much as their creation.”</i></li> </ul> <p>Kate Fletcher, Craft of Use</p>	3 mins	0 h 20