

Creation of the FAME Creative Fashion Construction and Design Course Trainers' Toolkit

Resources Pack

Project Title: FAME (Fashion eMpowers NEETs)

Programme: Erasmus+

Work Package 2: Conceptual and Analytical Framework, and FAME Creative Fashion Construction and Design Course Development

Project website: <https://thefameproject.eu/>

Facebook: @fameproject

LinkedIn: <https://www.linkedin.com/company/fame-fashion-empowers-neets/>

Project 2025-1-MT01-KA220-VET-000351198

MODULE 2: FASHION DESIGN DEVELOPMENT

Session 6: Colour, Seasons and Moodboards (Sustainability Lens)

- PowerPoint Presentation
- Activity 1 Worksheets – Colour and Emotion
- Activity 2 Worksheets – Colour Sorting
- Activity 3 Worksheets – Colour Harmony Pair Task
- Activity 4 Worksheets – Seasons, Customers and Product Stories
- Activity 5 Worksheets – Moodboards as Ethical Visual Research Tools
- Activity 6 Worksheets – Colour Story Development
- QR code
- Reflection sheet: Session 6

Session 7: Drawing on Templates (Proportion, Styling Details and Annotation)

- PowerPoint Presentation
- Activity 1 Worksheets – Visual Warm-Up
- Activity 2 Worksheets – Template Drawing Steps
- Activity 3 Worksheets – Silhouette Practice Task
- Activity 4 Worksheets – Matching Task
- Activity 5 – Annotation Worksheet
- Activity 6 – Inclusive Design Prompt Cards
- Activity 7 Worksheet – Design 1 – Outfit Visualisation
- Activity 8 Worksheet – Design 2 – Outfit Visualisation
- QR code
- Reflection sheet: Session 7

Session 8: Developing a Capsule Collection

- PowerPoint Presentation
- Activity 1 Worksheets – Capsule Wardrobe Logic – Mix Match and Multiply
- Activity 2 Worksheets – Target Customer Profiling
- Activity 3 Worksheets – Sustainable Design Choices
- Activity 4 Worksheets – Collection Planning and Coordination
- Activity 5 Worksheets – Capsule Sketching – Three Coordinated Looks
- Activity 6 Worksheets – Collection Finalisation and Portfolio Layout
- Activity 7 Worksheets – Presentation Structure and Storytelling
- Activity 8 Worksheets – Peer Presentation Practice and Feedback
- QR code
- Reflection sheet: Session 8



GOVERNMENT
OF MALTA



Module 2: Fashion Design Development

**Session 6: Colour, Seasons and Moodboards
(Sustainability Lens)**

**Session 7: Drawing on templates (Proportion,
Styling Details and Annotation)**

**Session 8: Developing a Capsule Collection
(3 looks) and Presentation Skills**

Disclaimer: Funded by the European Union. Views and opinions expressed are, however, those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Project 2025-1-MT01-KA220-VET-000351198

Erasmus+
Enriching lives, opening minds.



L-Università
ta' Malta



ERCON TRAINING
LEARN TO EXPERIENCE



Tandem

Smarted





Module 2: Fashion Design Development



The European Union co-funded this document and the TRACtion project. The sole responsibility of this publication lies with the author.
Project 2025-1-MT01-KA220-VET-000351198



Session 6: Colour, Seasons and Moodboards (Sustainability Lens)

The European Union co-funded this document and the TRACtion project. The sole responsibility of this publication lies with the author.
Project 2025-1-MT01-KA220-VET-000351198

●●● Colour theory essentials

Colour becomes a design decision, not decoration

Hue

The colour family: red, blue, green, violet and beyond.

Value

How light or dark a colour appears.

Chroma

The intensity, purity or saturation of a colour.

Contrast

How colours stand apart and direct attention.



Project 2025-1-MT01-KA220-VET-000351198

●●● Colour harmonies in fashion

Building palettes with intention

Hue Monochromatic

One hue, varied
value/chroma

Calm, refined, easy
to coordinate

Analogous

Neighbouring hues

Soft transition and
seasonal nuance

Complementary

Opposite hues

High contrast and
visual energy

Triadic

Three evenly spaced
hues

Playful, balanced
and expressive

Design test: does the palette support the customer,
occasion, season and garment lifespan?



Project 2025-1-MT01-KA220-VET-000351198

Seasons and product stories

Turning trends into meaningful design narratives



A product story links:

- Seasonal timing and climate
- Occasion and intended use
- Customer lifestyle and budget
- Retail context and price expectation
- Colour, fabric and silhouette decisions



Sustainable prompt: avoid “single-use trend” thinking.
Encourage trans-seasonal colours, adaptable layers and pieces that can be repaired.

Project 2025-1-MT01-KA220-VET-000351198

Moodboard

Turning trends into meaningful design narratives



A strong moodboard should show:

- Atmosphere, emotion and story
- Colour and texture direction
- Target customer clues
- Silhouette, material and styling references
- Ethical inspiration rather than direct copying

Project 2025-1-MT01-KA220-VET-000351198

●●● Sustainability

Designing for longevity and responsible consumption



Move beyond aesthetics:

- Capsule wardrobe thinking
- Durable colour and fabric choices
- Repair-friendly details and visible mending cues
- Repurpose and upcycling potential
- Emotional durability: garments users want to keep



What design decision would help this garment stay useful for longer?

Project 2025-1-MT01-KA220-VET-000351198

Mood board Construction

USE IMAGES, TEXTURES, FABRIC SCRAPS, TYPOGRAPHY AND COLOUR



1 DEFINE YOUR CONCEPT

Choose a clear theme or story for your collection.
Example: "Urban Winter Escape"
- modern, cozy, functional.



2 COLLECT INSPIRATION

Gather images, textures, colours, words and anything that inspires your concept.



3 CHOOSE YOUR COLOUR STORY

Select a colour palette that reflects your concept.



4 GATHER TEXTURES & MATERIALS

Collect fabric scraps, paper, natural elements and other materials that match your story.



5 ARRANGE YOUR ELEMENTS

Place your images, textures, fabrics, typography and colours on your board. Play with layout until it feels balanced and communicates your idea.



6 ADD TYPOGRAPHY & WORDS

Use words, quotes or typography that express the mood and key message of your collection.



7 MAKE YOUR CONCEPT CLEAR

Step back and check: Can someone understand your story and feel the mood just by looking at your board?



8 LABEL YOUR SOURCES

Record or label where you found your images, quotes and references. This shows respect and ethical practice.



BE AUTHENTIC. BE RESPECTFUL. BE INSPIRED.

A GOOD MOOD BOARD TELLS YOUR STORY BEFORE YOU SAY A WORD.

Project 2025-1-MT01-KA220-VET-000351198

Develop a Colour Story



SELECT COLOURS THAT SUPPORT YOUR DESIGN CONCEPT

- 1 REVIEW YOUR MOODBOARD**
Look for repeated colours, textures and emotional cues.



repeated neutrals, soft blues, mossy greens, warm terracotta

- 2 SELECT KEY COLOURS**
Pick colours from the moodboard that best support the design concept.



these colours express calm, nature and understated warmth

- 3 BUILD A BALANCED PALETTE**
Create a palette of 5-6 colours with a mix of light, mid and dark tones.



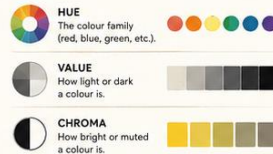
A good palette has variety, but the colours still feel like they belong together.

- 4 NAME EACH COLOUR EVOCATIVELY**
Give each colour a poetic, fashion-friendly name that reflects your story.



Names make the palette easier to remember and communicate.

- 5 EXPLAIN HUE, VALUE & CHROMA**
Use these simple ideas to understand your colours better.



Balancing hue, value and chroma creates interest without chaos.

- 6 EXPLAIN HARMONY CHOICES**
Choose a colour harmony that supports your concept.



Pick the harmony that fits your mood and message.

- 7 CONNECT THE PALETTE**
Link your palette to the customer, season and the mood you want to create.



When these align, your colours feel relevant and meaningful.

- 8 ADD A SUSTAINABILITY RATIONALE**
Make thoughtful colour choices for people and planet.



Good colour choices are good design—and good for the future.

YOUR COMPLETED COLOUR PALETTE



PALETTE IN CONTEXT

Nature-inspired neutrals with soft colour accents create a calm, modern collection that is easy to wear, layer and love.



A STRONG COLOUR STORY HELPS YOUR DESIGN FEEL CLEAR, WEARABLE AND MEANINGFUL.



Project 2025-1-MT01-KA220-VET-000351198

Trend to Story

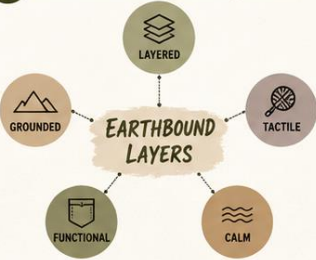


Select a trend image, translate it into a moodboard theme, and build an original fashion concept.

- 1 Select one trend image**

 You start with one trend image that captures a direction or feeling.
- 2 Observe and extract key elements**

 Look closely and identify the key elements that define the trend.
- 3 Translate it into a moodboard theme**

 slow pace
natural tones
built to last
SAND OAT MOSS CLAY UMBER
- 4 Add five descriptive keywords**

 Keywords capture the essence of the moodboard and guide your concept.
- 5 Explain how the trend becomes a design story**

 The original trend image suggested comfort, texture, and utility. These ideas were reinterpreted into a design story about versatile clothing for slow living in the city, using natural colours, layered shapes, and practical details.
- 6 Avoid copying**
Transform, interpret and contextualise
 Use a trend image as inspiration, not a template.
 Your goal is to create original work that reflects your perspective and context.

COPYING (DON'T) ❌


 Reproduces the same look, pieces, and styling.

CREATIVE INTERPRETATION (DO) ✅


 Reinterprets key ideas to create something new and original.

Use inspiration ethically: analyse, transform, and communicate your own idea.

Project 2025-1-MT01-KA220-VET-000351198

●●● Reflection



- What design choice supports longevity?
- Where did your inspiration come from?
- How does your palette suit the target customer?
- What would you refine before Session 7?



Project 2025-1-MT01-KA220-VET-000351198

●●● Conclusion



Project 2025-1-MT01-KA220-VET-000351198



GOVERNMENT
OF MALTA



Welcome to Session 6

This workbook is **yours to keep**. Use it to record your ideas, complete activities and reflect on your learning. There are no wrong answers — this is about exploring your creativity.

Session 6

Design Development

Duration

3 hours

Delivery

Face-to-face

Trainer

Date

- ☐ Remember: Every idea you write down today is valid. This workbook is a safe space to think, explore and create.

Project 2025-1-MT01-KA220-VET-000351198



What You Will Be Able to Do by the End

By the end of this 3-hour session, you will have practised real skills that professional fashion designers use every day. Here is what you are working towards:

1

Colour Theory

Explain basic colour theory: hue, value, chroma and colour harmony

2

Colour Palette

Build and justify a 6–10 colour palette for a fashion concept

3

Design Context

Analyse how seasons, customers and occasions shape design decisions

4

Moodboard

Create a moodboard that communicates an original design direction

5

Sustainability

Apply sustainable design principles, including capsule thinking, repair and upcycling



Activity 1 — Colour and Emotion

Pick up a colour card or coloured object. Take a moment to look at it and think about how it makes you feel. Complete the questions below in your own words — there are no right or wrong answers.

The Colour

Write the colour name here:

Emotion, Memory or Season

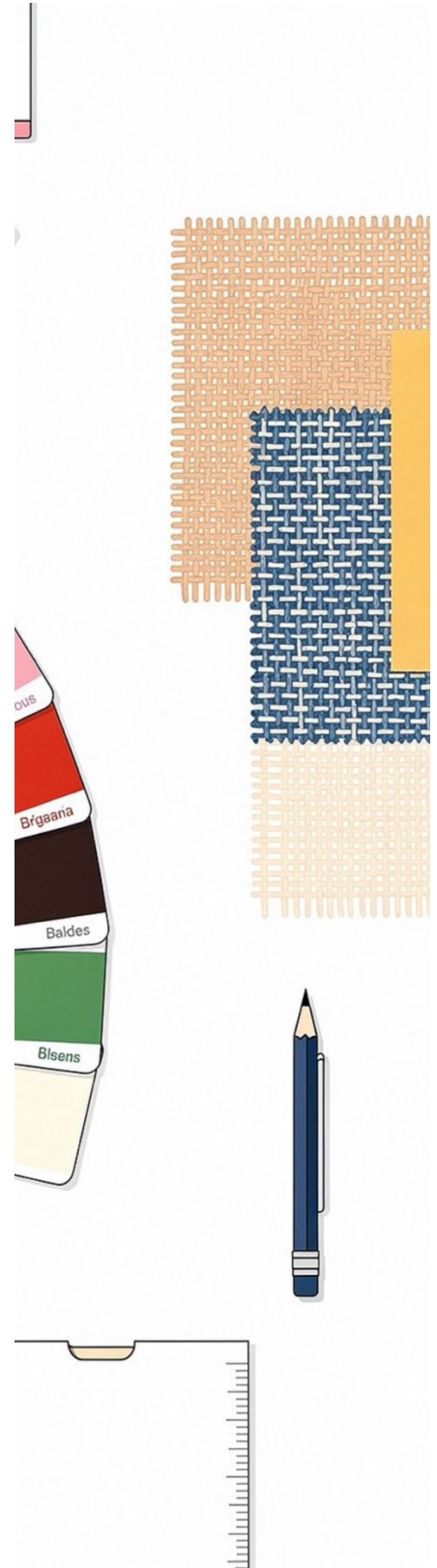
What does it bring to mind?

Fashion Connection

Where might this colour appear in fashion?

Longevity

Could this colour stay appealing beyond one season? Why?





GOVERNMENT
OF MALTA



Colour Across Cultures

Why This Matters

Colour meanings are not universal. A colour that signals celebration in one culture may represent mourning in another. As a designer, it is important to be curious and respectful.

Taking time to learn about cultural colour associations will make your work more thoughtful, original and inclusive.



Your Reflections

A colour meaning you already knew:

A colour meaning that surprised you today:

How might this change a design decision you make?

Project 2025-1-MT01-KA220-VET-000351198





Colour Theory Reference — Key Terms

Reference Page — Keep for the whole session

Hue

The colour family — red, blue, yellow, green, etc. When we say "what colour is it?" we are asking about its hue.

Value

How light or dark a colour is. High value = light. Low value = dark. Value creates depth in an outfit.

Chroma

How intense or saturated a colour is. High chroma = vivid and bright. Low chroma = muted and subtle.

Tint, Shade & Tone

Tint: hue + white (lighter). **Shade:** hue + black (darker). **Tone:** hue + grey (more muted).

Warm, Cool and Neutral Colours



Warm Colours

Reds, oranges and yellows

Energetic, bold, inviting



Cool Colours

Blues, greens and purples

Calm, fresh, professional



Neutral Colours

White, black, grey, beige and brown

Versatile, timeless, easy to combine

In fashion, **neutrals are the backbone of a capsule wardrobe** because they work across many occasions and seasons. A designer who masters neutrals can create a wardrobe that lasts, and that is a sustainable choice too.



Sustainability tip: Choosing seasonless neutrals as your dominant colour reduces overconsumption and supports a longer product life.



Activity 2 — Colour Sorting Worksheet

Using the swatches provided, sort them into the categories below. Write the colour name or stick the swatch in the correct space.

Sort by Hue	Sort by Value	Sort by Colour
Group colours into families (reds, blues, greens...)	Arrange from lightest to darkest within each family	Which swatches are most vivid? Which are most muted?
	Lightest: Middle: Darkest: 	Most vivid: Most muted:

○ Circle one pair of swatches where contrast could improve visibility or balance in a garment. Write why below:

Colour Harmonies — Reference Guide



REFERENCE PAGE

Monochromatic

Different values and tones of **one hue**. Elegant and cohesive — great for a sophisticated, refined look.

Analogous

Colours **sitting next to each other** on the wheel. Harmonious and natural — found frequently in nature.

Complementary

Colours **directly opposite** on the wheel. Bold and high-contrast — makes both colours pop.

Triadic

Three colours **equally spaced** on the wheel. Vibrant and balanced — dynamic without being chaotic.

Proportion in Colour Styling

The 60–30–10 Rule

Professional stylists and designers use this proportion guide to create balanced, intentional colour combinations. Think about where each colour appears on the body and how much visual weight it carries.

Dominant — 60%

Sets the overall mood. Often a neutral or key seasonal tone. Appears on the largest parts of the garment.

Supporting — 30%

Adds depth and reinforces the story. Works in harmony with the dominant colour.

Accent — 10%

Creates interest and focal points. Can be bold or unexpected — this is where personality lives.





Activity 3 — Colour Harmony Pair Task

With a partner, create two quick three-colour combinations using swatches or coloured paper. Sketch or stick your swatches in the boxes below, then answer the questions for each combination.

	Combination 1	Combination 2
Swatches / Sketch	(stick or sketch here)	(stick or sketch here)
Colours used	_____	_____
Harmony type	_____	_____
Who / What occasion	Who is this customer? _____	What occasion does this suit? _____



Activity 4 — Seasons, Customers and Product Stories

Fashion design responds to context. Use this page to explore how your design decisions connect to real people and real situations. Write freely — there are no wrong answers.

Season or Climate

Which season or climate are you designing for?

Target Customer

Describe your target customer (lifestyle, values, age range, budget):

Occasion or Narrative

What occasion or narrative is your design responding to?

Versatility

How could one garment work across more than one season or occasion?



GOVERNMENT
OF MALTA



Customer Profile Card — Fill In Your Own

Give your imaginary customer a name and bring them to life. The more detail you add, the better your design decisions will be. You can always update this as your ideas develop.

Who Is Your Customer?

Name (fictional):

Age range:

Lifestyle and values:

Budget:

Their World

Accessibility or practical needs:

Favourite occasions to dress for:

One thing they would never wear:

Project 2025-1-MT01-KA220-VET-000351198





Break — Colour Observation Task

Take 10 minutes to rest. While you do, look around the room, at your clothing or out of the window. Designers are always observing the world around them — this is part of the job.

A Balanced Combination

Note one colour combination that feels balanced and pleasing:

A Clashing Combination

Note one colour combination that feels visually uncomfortable or clashing:

The Difference

What do you think makes the difference between the two?



You don't need to look far — great colour observations can come from a piece of clothing, a mug, a wall or even a plant on the windowsill.

Activity 5 — Moodboards as Ethical Visual Research Tools



What Is a Moodboard?

A moodboard organises your research and communicates your design direction before a single garment is made. It is a **thinking tool**, not just a collage.

Inspiration vs Copying

Being inspired means taking a **feeling, colour or structure** and making it your own. Copying means reproducing someone else's work without credit or change.

Cultural Sensitivity

If you use imagery connected to a specific culture, **research its meaning and context** before including it on your board.

Image Sources

Always record where your images come from. This is professional practice and shows respect for other creators' work.



Cultural Sensitivity and Ethics Checklist

Use this checklist as you build your moodboard. Tick each box when you are confident it applies to your work. If you are unsure about any item, ask your trainer.

☐ Image Sources Recorded

I have noted the source of every image I used on my moodboard.

☐ Cultural Significance Checked

I have checked whether any imagery has cultural, religious or community significance before including it.

☐ Adapted, Not Copied

I have adapted or reinterpreted references rather than copying them directly.

☐ Community Symbols Respected

I have avoided using symbols or dress associated with a specific community without understanding their meaning.

☐ Ready to Explain My Choices

I am prepared to explain my choices and the context behind them in a discussion or presentation.



Moodboard Planning Template

Plan your moodboard here before you begin collecting images. A clear plan will make your board more focused and powerful.

Planning Element	Your Response
Title / Theme	_____
Target customer	_____
Intended occasion	_____
Mood or feeling to communicate	_____
Key words (3–5)	_____
Sustainability cues (choose at least 2)	☐ Modularity ☐ Repair ☐ Upcycling ☐ Mono-material ☐ Seasonless styling ☐ Other: _____

Moodboard Construction — What to Include

01

Title and Theme

A clear title that captures the concept and mood of your collection direction.

02

Customer and Occasion

Who is this for and when would they wear it? Keep your customer profile visible.

03

6–10 Visual References

Carefully selected images that all work together — remove anything that weakens your concept.

04

Texture and Material Cues

Fabric scraps, yarn, printed textures — these bring the physical quality of your design to life.

05

Key Words and Concept Statement

3–5 words or a short sentence that captures the feeling your design communicates.

06

Sustainability Cues

At least two sustainability cues clearly visible — repair, upcycling, modularity or seasonless styling.

- ☐ Edit as you go — remove anything that does not strengthen your concept. A focused moodboard with 6 great images is better than a busy board with 20.



Image Source Record

Record every image you use on your moodboard here. This is good professional practice and supports ethical referencing. Fill in as you go — do not leave it until the end.

Image	Source / Origin (website, magazine, photographer, etc.)	Any cultural or copyright considerations?
1		
2		
3		
4		
5		
6+	Continue on the back of this sheet if needed	

Activity 6 — Colour Story

Development

Now extract your palette from your moodboard. A strong colour story connects your palette to your customer, season, mood and product narrative. Follow these steps:

1 Select 6–10 Colours

Look at your moodboard and identify the colours that appear most often or feel most important. These form your palette.

2 Assign Roles

Identify which colour is dominant (60%), which is supporting (30%) and which is your accent (10%).

3 Name Your Colours

Give each colour an evocative, original name — something that tells a story (e.g. "Dusk Shore", "Ember Rust", "Morning Frost").

4 Write Your Rationale

Explain your choices on the rationale worksheet on the following pages.





Colour Palette Template

Palette name: _____

#	Colour Name (your own evocative name)	Swatch / Sketch	Role
1	_____		☐ Dominant ☐ Supporting ☐ Accent
2	_____		☐ Dominant ☐ Supporting ☐ Accent
3	_____		☐ Dominant ☐ Supporting ☐ Accent
4	_____		☐ Dominant ☐ Supporting ☐ Accent
5	_____		☐ Dominant ☐ Supporting ☐ Accent
6–10	Continue on the back of this sheet if needed		



Colour Story Rationale Worksheet

Justify Your Creative Choices

A rationale explains *why* you made the choices you did. Use full sentences. There are no right or wrong answers — only honest and thoughtful ones.

Who is this palette for?

Describe your customer profile in 1–2 sentences:

Season or Climate

What season or climate does this palette respond to?

Mood or Emotion

What mood or emotion does this palette communicate?

Product Story or Occasion

What is the product story or occasion this palette is designed for?

Versatility and Longevity

How does this palette support versatility and longevity — could these colours work across seasons or occasions?



Peer Check — Colour Story

Pair Activity — Swap and Respond

Swap your completed palette (names and swatches only — **no rationale**) with a partner. Without reading each other's notes, answer the questions below based only on what you see. Then share and discuss any differences — this is where the real learning happens.

Instructions

1. Swap palette sheets with your partner
2. Look only at the colour names and swatches
3. Answer the questions on the right
4. Return sheets and share your responses
5. Discuss where your intentions matched — and where they didn't

"The gap between what you intended and what someone else perceived is your most useful piece of feedback."

Your Responses to Your Partner's Palette

What mood does this palette communicate to you?

Who do you imagine wearing these colours?

What occasion or season does it suggest?



GOVERNMENT
OF MALTA



Reflection and Exit Check

 Complete Before You Leave

Take a few minutes to respond honestly to these three prompts before you leave. Honest reflection is one of the most powerful learning tools you have.

 Colour Principle

Which colour principle did you apply most successfully today?

 Originality

What makes your moodboard original rather than copied?

 Sustainability

Which design choice could extend the life of the proposed product?

Project 2025-1-MT01-KA220-VET-000351198



Confidence Scale — How Are You Feeling?

🌟 Self-Assessment

Circle the number that best describes your confidence right now. Be honest — this helps your trainer understand what support you might need next.

1. Not confident yet

That's okay — today was a beginning. Every designer starts somewhere.

2. Somewhat confident

You are making progress. Note what you would like to practise more.

3. Confident

You have a solid foundation. Well done for engaging with the activities.

4. Very confident

You are ready to develop your ideas further. Consider how to push them.

5. Ready for the next lesson

Excellent — you have absorbed the session content and are ready for more.

Is there anything you would like more support with?

✅ Well done for completing this session. You have taken your first steps as a fashion design thinker. See you next time! 🎉



Colour Swatches and Codes

Reference Guide

Below are colour swatches, including their evocative names and corresponding hex codes.

Use this as a guide for when you complete your own colour palette template.

Ivory

#FFFFFF0

Warm Sand

#E6D8AD

Camel

#C19A6B

Chocolate

#7B3F00

Soft Grey

#D3D3D3

Charcoal

#36454F

Blush

#E6B1B1

Coral

#FF7F50

Terracotta

#E2725B

Crimson

#DC143C

Burgundy

#800020

Dusty Rose

#D39797



GOVERNMENT
OF MALTA



Peach

#FFE5B4

Amber

#FFBF00

Mustard

#FFDB58

Lemon

#FFF7E8

Olive

#808000

Sage

#9DC183

Mint

#3EB489

Emerald

#50C878

Forest

#228B22

Teal

#008080

Aqua

#00FFFF

Petrol

#005F6B

Sky Blue

#87CEEB

Cobalt

#0047AB

Navy

#000080

Periwinkle

#CCCCFF

Lavender

#E6E6FA

Violet

#8F00FF

Project 2025-1-MT01-KA220-VET-000351198



GOVERNMENT
OF MALTA



Plump

#8E4585

Magenta

#FF00FF

Copper

#B87333

Silver

#C0C0C0

Black

#000000

White

#FFFFFF

Project 2025-1-MT01-KA220-VET-000351198



Session 6 (Conclusion)



Session 6: Reflection Sheet

Please submit feedback on the session you just completed.

* Indicates required question

How would you rate Session 6: Colour, Seasons and Moodboards? *

1



2



3



4



5



What was the most useful or enjoyable part of the session? *

Your answer

What new skill or idea did you learn about colour, moodboards, or sustainable fashion?

Your answer

What could we improve for the next session?

Your answer