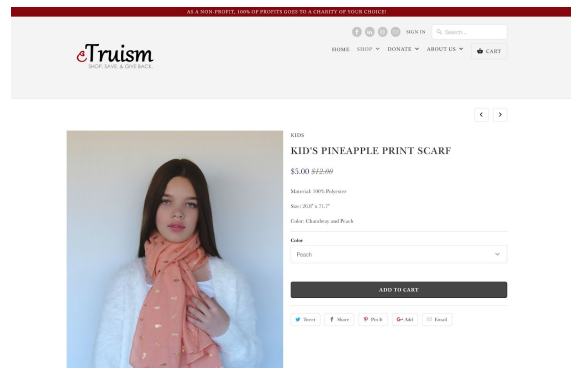




## More Than Modeling





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# FREE Modeling and Fashion Activity Book

## CONTENTS

- Word searches
- Challenges
- Games

### WHY

**More Than Modeling wants to be able to continue to help children grow and learn throughout this difficult and uncertain time.**

**We hope to continue to help capture imaginations, nurture creativity and encourage optimism.**

**These fun modeling and fashion based activities can be done in the confines of your home and garden!**

**We hope they may give some ideas, and giggles, to those in need and we can't wait to see some of the results posted online!**

**Stay safe! ~ More Than Modeling**



# Activities

## Activity 1 - Word Search

- Complete the appropriate word search(es) at the end of this booklet (easy, intermediate or advanced)

### BONUS:

You can time yourself then work out your speed per word!

To do this, figure out the **total** number of seconds the whole search took, and divide that by the number of words you needed to find (words per second!)

E.G.

If your word search took a total of 4 minutes and 18 seconds

4 minutes is  $4 \times 60$  (there are 60 seconds in each minute) = 240

Total is: 240 plus 18 seconds = 258

You then divide the total seconds (258 in this example) by the number of words you had to find (e.g. 10) So  $258 \div 10 = 25.8$  seconds per word

Post online a photo of you doing your word search (you can add your speed if you like) and tag us! @ MoreThanModeling - we will interact with you virtually!



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### Activity 2 - Posing

- Practice your 3 best poses in the mirror.
- When you think you can do poses 1,2, and 3 really well, find a spot against a wall in the house or outside in your backyard or garden, and ask someone to take your best posing photo's on their phone.

#### TIPS:

- SMILE!
- Try to vary your arms (one on hip, both arms down)
- Vary your head position (head straight, head slightly tilted to the side)
- Find good light from a window if you are having your photo taken indoors

Post your photo's online and tag us! @ MoreThanModeling - we will give you feedback on your pose virtually!



### Activity 3 - Agency Prep

- Take a 'polaroid' or model 'digital'

#### Tips:

- Polaroids or model digitals refer to simple photo's an agency may take when you go see them (or you may have taken at a casting)
- These shots are usually taken against a plain wall with natural light.
- The model will usually wear simple clothing such as jeans and a tank top or black leggings and a t-shirt.
- The model will have her hair down and no makeup.
- Take a simple front, back and side shot (not too posey!)

Use the examples below to help!





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### Activity 4 - Model Walk

- Practice your best model runway walk.
- Video yourself and watch it back. Repeat.
- Try to improve your walk after watching each video of yourself.

#### TIPS:

- SMILE!
- Straight back, head straight, keep eyes straight ahead
- Do not slouch or swing your arms too much - let them sway naturally
- Have fun with it and let your personality shine! Add some music in the background

Post your best video online and tag us! @ MoreThanModeling - we will give you feedback on your runway walk virtually!



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### Activity 5 - Fitness

Models need to be fit and healthy - both in body and mind.

- **Exercise** - Try these physical exercises to keep your body healthy!

- 10 X jumping jacks
- 10 X sit ups
- Jog on the spot for 30 seconds
- 10 X push ups
- 10 X lunges (each leg)
- Jog on the spot for 30 seconds
- 10 squats

Repeat the circuit above 5 times

Also practice dance, yoga or other physical exercises when you can at home/in your garden/backyard.

\*Be mindful of furniture and things/people around you\*

Post a photo or video of your working out online and tag us!  
@MoreThanModeling - we will give you a positive comment to help motivate you!



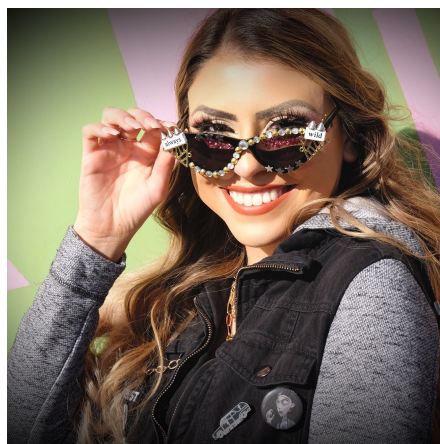
## Activity 6 - Creative Photo Challenge

What do you love? Flowers? The color blue? Unicorns? A hat? Sunglasses? Your tutu or pointe shoes?

- Choose an object you love and think of a cool pose to do with it.
- Take a few photo's on a self timer - or ask someone at home to help.
- Repeat with a few different props.

Choose the best picture, post and tag us! @MoreThanModeling - we will critique your photo and posing!

Get creative! Use the examples below to help with ideas!







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### Activity 7 - Healthy Eating

Models need good skin, hair and nails and to achieve this they need good nutrition!

Create a 'Model Menu' for breakfast, lunch and dinner

Use the menu template at the end of this package.

Be sure to include:

- At least 1 item of food from each major food group\*
- A protein packed dish
- Fruits or vegetables with each meal
- Healthy liquids as drinks

### BONUS:

If you eat a healthy meal be sure to take a photo of the meal and post online - tag us @MoreThaModeling and we will praise you for your healthy eating choices in the comments!

\*A carbohydrate (such as a whole grain), a protein (such as a meat or meat alternative), a healthy fat (such as an oily fish), fruits and vegetables, and an item of dairy (such as cheese).

## Activity 8 - Fashion Fun!

Models are often given 'mood boards' and 'look boards' so they know the feel, or vibe, an art director or photographer is trying to achieve from a photoshoot.

Fashion designers often use these for inspiration also.

- Using old magazines, or google to print out, cut and stick gorgeous images onto card to create your own mood board!

Themes could include your favorite color (a color palette), a particular piece of clothing such as dresses or denim, an accessory such as sunglasses or shoes, or even a season such as Summer!

Here is an example. **COLOR PALETTE: GREENS**



Post a pic of you holding up your mood board and tag us -  
@MoreThanModeling - We can't wait to see your work!



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### Activity 9 - Home Manicure

Models should have clean, neat and natural looking nails.

- Give yourself a home manicure!

Keep it simple and follow these steps

- Wash your hands
- Gentle file each nail in one direction
- Moisturize your hands rubbing moisturizer into your cuticles
- Let dry
- Pain nails carefully using clear varnish
- If you get good at using clear varnish advance onto a natural color such as a pale pink or glitter polish.
- Add a top coat

#### TIP:

Be sure to let each coat dry!

You need to show patience - models have to wait around a lot on set so this is good practice at sitting still and relaxing.

Post a pic of your DIY manicure online and tag us - @MoreThanModeling



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### Activity 10 - Home Fashion Show

Have fun with siblings (maybe even your dog!) or by yourself to be the sole-star of an in-home Fashion Show!

- Clean and tidy your wardrobe and choose some items for your show!

Use these guidelines to help your fashion show go smoothly:

- Find a space by a door so you can change out of sight
- Practice your walk
- Choose some music
- Have a dress rehearsal
- Video yourself and watch it back - learn from it. What can you improve?
- Seat any family members, even soft toys, as your audience!
- Have FUN and smile!

### BONUS:

Put all clothes back in their drawers and your wardrobe after the show!  
Models DO NOT leave clothes on the floor!

Post a video of your home fashion show!

Don't forget to tag us so we can congratulate you on an awesome show!

@MoreThanModeling



## Activity 11 - Style Photo Challenge

Models have style!

- Go through your wardrobe and pick one item.
- Mix and match pieces with that one item to create your own style!
- Model these different styles for your family members and take some photo's

Experiment and get creative! Here are some photo's of one of our students in a magazine styling a t-shirt she was given to help with ideas!



Post a picture online of your styling!  
Don't forget to tag us so we can congratulate your unique style!  
[@MoreThanModeling](https://www.instagram.com/MoreThanModeling)

~~~~~ [www.MoreThanModeling.com](http://www.MoreThanModeling.com) ~~~~~

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## Activity 13 - Self Love and Gratitude

Everyone needs to practice self love and models are no exception! Loving yourself helps with self acceptance, dealing with rejection or difficult times, and helps increase your self confidence. Practicing gratitude helps maintain a positive and kind outlook.

Use the 'Self Love Flowers' template at the end of this package to do the following task

- Cut out both flowers (be sure to cut around each petal)
- Write something you love about yourself on each petal of the 1st flower
- Color in each part of the flower
- Bend over the petals so the flower folds in on it's center
- Repeat, writing things you are grateful for on each petal of the 2nd flower
- Keep these safe
- Read each petal every night before bed by unfolding each petal one by one.

This activity will help you remind you of what you love about yourself and what you are grateful for.

TIP: Concentrate on using more character traits such as kindness, hard working, if you are a good friend, helpful etc. than physical traits (such as hair, eyes) when you complete the things you love about yourself flower!

Remember: Beauty is more than skin deep 

## Activity 14 - Design

A fun fashion activity can be to design your own clothes.

- Use the t-shirt, or dress templates found at the end of this package to create your own prints and designs.

Add patterns, glitter, colors or drawings (rainbows, sunshines, butterflies etc)

### BONUS:

Create a 'collection' of several t-shirts or dresses!

Post a picture online of your designs and tag us so we can see your awesome creations! @MoreThanModeling

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## Activity 15 - Makeup

Makeup is fun and models need to learn how to do their own. Learning first on paper is a good exercise before you tackle your face!

### Makeup creation

- Use the face template (at the bottom of the package) to shade and draw makeup.
- Start simple by adding a little eyeshadow, lipstick and blush on the cheeks.
- Add little by little as you would do with real makeup.

BONUS: Go creative and add a bold and crazy makeup look on the face - maybe Halloween makeup or something unique!

Post a photo online of your makeup work and tag us so we can see your beautiful work! @MoreThanModeling

Name: \_\_\_\_\_

## Fashion word search - EASY

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| I | C | O | E | O | K | F | S | R | Z | F | W |
| S | V | P | O | S | E | B | Q | D | M | R | G |
| S | C | A | M | E | R | A | L | R | O | X | I |
| M | F | M | A | K | E | U | P | E | D | P | N |
| I | N | E | Y | E | S | I | S | S | E | E | N |
| L | R | V | M | W | H | O | V | S | L | E | Y |
| E | C | L | O | T | H | E | S | K | J | C | N |
| U | I | X | R | R | Q | B | H | A | I | R | J |

Find the following words in the puzzle.  
Words are hidden → and ↓ .

CAMERA  
CLOTHES  
DRESS  
EYES

HAIR  
MAKEUP  
MODEL  
POSE

SMILE



Name: \_\_\_\_\_

## Fashion Word Search -Intermediate

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| P | L | H | A | G | E | N | T | U | X | A | M | A | A | S | Z | F | D |
| O | P | C | X | O | N | C | L | O | T | H | E | S | D | J | R | S | R |
| S | C | H | X | G | S | H | P | H | I | O | L | T | H | N | P | F | E |
| E | A | L | O | A | A | C | X | D | Y | N | G | A | Y | X | J | Z | S |
| A | M | V | D | T | L | R | U | N | W | A | Y | M | I | R | Y | E | S |
| O | E | O | P | Q | O | M | P | E | P | X | A | O | G | Y | H | O | L |
| S | R | G | F | O | H | A | S | C | C | O | G | D | M | V | B | S | X |
| H | A | U | S | L | E | K | E | O | G | F | E | E | Z | E | U | M | U |
| O | D | E | D | T | Y | E | Q | N | L | O | N | L | Q | Q | V | I | O |
| E | N | E | N | F | E | U | U | L | Q | O | C | Z | Z | W | L | L | U |
| S | H | Y | L | Y | S | P | Y | N | F | F | Y | G | A | I | O | E | U |
| N | I | F | M | C | A | T | W | A | L | K | H | H | A | I | R | K | E |

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

AGENCY  
AGENT  
CAMERA  
CATWALK  
CLOTHES  
DRESS

EYES  
HAIR  
MAKEUP  
MODEL  
PHOTO  
POSE






RUNWAY  
SHOES  
SMILE  
VOGUE

Name: \_\_\_\_\_

## Fashion Word Search -Advanced

R C O M P O S I T I O N H V G O L A T A C F X  
O W J J R E P U E K A M E V L C I T S I T R A  
N V W D I L G Z T Y C N E G A A O D L N A P S  
R O C R N Y M B N N M R L E N Y X E E O C O T  
E G A E T T U G E O A U S E O T V V D I K S Y  
H U U S P S B C M I H N L C I A C E O T C E L  
P E D S O E N L E T M W R O S L O L M A I D E  
A X I S R F O O S A P A I M S A M O E C T I U  
R E T E T I I T I C C Y G M E I M P L I S R Q  
G R I N F L H H T O A L R E F R E M Y L P E I  
O U O I O W S I R L S S E R O O R E T B I C N  
T T N Z L T A N E R T M V C R T C N S U L T H  
O U R A I W F G V Z I I O E P I I T R P V I C  
H O G G O G S X D Q N L C F A D A E I W U O E  
P C L A H R X C A G G E Z X A E L I A H K N T  
Y H H M P G Z C A T W A L K O O B S H O E S K

Find the following words in the puzzle.

Words are hidden     and .

|               |             |           |              |             |
|---------------|-------------|-----------|--------------|-------------|
| ADVERTISEMENT | CLOTHING    | ECOMMERCE | MAGAZINE     | PUBLICATION |
| AGENCY        | COMMERCIAL  | EDITORIAL | MAKEUP       | RUNWAY      |
| ARTISTIC      | COMPOSITION | FASHION   | MODEL        | SHOES       |
| AUDITION      | COUTURE     | HAIRSTYLE | PHOTOGRAPHER | SMILE       |
| BOOK          | COVERGIRL   | HEELS     | PORTFOLIO    | STYLE       |
| CASTING       | DEVELOPMENT | LIFESTYLE | POSE         | TECHNIQUE   |
| CATALOG       | DIRECTION   | LIPSTICK  | PRINT        | VOGUE       |
| CATWALK       | DRESS       | LOCATION  | PROFESSIONAL |             |

# Self- Love Flowers

