

Our Clothes

Clothes are what we wear every day to keep ourselves comfortable, warm, and protected. They also help us look nice and feel good. Clothes can be made from many different materials, but mostly they come from plants, animals, or man-made fibers. Let's explore more about the clothes we wear!

Where do our clothes come from?

Most clothes start from natural fibers or threads. There are three main types of fibers:

- **Cotton:** Cotton is a soft fiber that comes from cotton plants. It is the most common fabric used to make T-shirts, dresses, and bedsheets.
- **Wool:** Wool comes from the hair of sheep. It is warm and used to make sweaters, coats, and scarves.
- **Silk:** Silk comes from silkworms. It feels smooth and shiny and is used for fancy clothes like dresses and scarves.

Did You Know? Cotton plants need lots of water to grow. That's why farmers take good care of their cotton fields!

How are clothes made?

1. First, fibers like cotton or wool are collected.
2. These fibers are spun into threads or yarns.
3. The yarns are then woven or knitted into cloth.
4. The cloth is cut and sewn into clothes.

Today, many clothes are also made from **synthetic fibers**, like polyester, which are made in factories using chemicals. These fibers are strong and dry quickly.

Why do we wear different clothes?

We wear different clothes for many reasons:

- **Weather:** Warm clothes like jackets keep us cozy in winter. Light clothes like shorts keep us cool in summer.
- **Occasions:** We wear school uniforms for school, and special dresses for festivals, parties, or weddings.
- **Protection:** Some clothes protect us from the sun, rain, or even dirt when we work outside.

Exercise:

- Find one piece of clothing from your wardrobe. What fiber do you think it is made of - cotton, wool, silk, or synthetic?
- Draw or list three types of clothes you wear in summer and three in winter.
- Why do you think it is important to keep our clothes clean and dry?

Taking care of our clothes helps us stay comfortable and happy every day!

