

Don't Sweat It! Keeping Your Cool



Trivia Game Instructions

Go to ymiclassroom.com/dontsweatit to play the game and download the classroom program.

1. Before starting this activity, review the *Don't Sweat It!* activities with students.
2. Explain to students that they will be playing a game that will test their overall knowledge about fabrics and apparel, with a focus on cotton.
3. Divide the students into two (or more) teams.
4. Project the game onto your whiteboard, review the on-screen directions and the categories, then explain the rules of play. (See below for play options if you do not have a whiteboard.)
 - Determine who will be the moderator and read the clues and keep score — it might be you or a student.
 - A student from Team 1 will choose a category and point value, and the moderator will read the selected statement.
 - The student can confer with teammates before giving their *True* or *false?* answer. Then the moderator will click "Reveal Answer".
 - If the student gives the correct answer, the team earns the points, and the next person on their team picks another question to answer.
 - If the student gets the answer wrong, the first student on the next team gets to pick a category and point value.
 - The moderator and teams should tally the points as the game is played.
 - The game ends when all questions have been answered. The team with the most points wins.

How to Play Offline

If you do not have a whiteboard, you can write the question categories on a gameboard grid on your chalkboard or chart paper, such as the image below. Then follow the game-play instructions above, except that as teams choose their categories, the moderator reads the statements on the next pages. The correct answer is listed below the statement.

Interview Do's and Don'ts (True or false?)	Surprise Me (True or false?)	Name the Event	Cotton Sustainability (True or false?)
100	100	100	100
200	200	200	200
300	300	300	300
400	400	400	400
500	500	500	500

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INTERVIEW DO'S AND DON'TS (True or False?)

For 100 Points

True or false?

Statement: As long as it's clean, it's good enough to wear to the interview...right?

Answer: FALSE. While cleanliness is important, other factors, such as choosing appropriate and neat attire, can make a significant difference in how you present yourself.

For 200 Points

True or false?

Statement: Bringing a few printed copies of my résumé is a smart idea.

Answer: TRUE. You never know if your interviewers will have your résumé on hand. Offering them a copy to use for reference is a thoughtful gesture.

For 300 Points

True or false?

Statement: I want to wear my favorite dress shirt. It doesn't matter that it's a polyester blend.

Answer: FALSE. If you're like lots of people, your adrenaline and nerves might be on high alert during an interview. That can lead to a sweaty situation for some. Try calming your nerves with a breathable fabric like cotton that won't trap heat and moisture.

For 400 Points

True or false?

Statement: Sleeping on cotton sheets can help prepare me for my interview.

Answer: TRUE. Getting a good night's sleep before an interview or big event is sound advice. The breathability of cotton sheets can help you wake up feeling refreshed, alert, and ready to take on the challenge.

For 500 Points

True or false?

Statement: Silencing my phone before the interview makes a good impression.

Answer: TRUE. It signals to the interviewers that you're present and invested in the conversation.

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SURPRISE ME (True or False?)

For 100 Points

True or false?

Statement: The birthplace of denim is Germany.

Answer: FALSE. It's Nîmes, France. (Originally, the fabric was called *serge de Nîmes*.)

For 200 Points

True or false?

Statement: Denim was created in the 20th century.

Answer: FALSE. Denim dates back to the 17th century. Its durability and comfort helped it gain popularity in Britain and Italy for jeans and men's topcoats.

For 300 Points

True or false?

Statement: U.S. paper currency is made of trees.

Answer: FALSE. It's all fabric: 75% cotton and 25% linen.

For 400 Points

True or false?

Statement: California is the largest cotton producer in the United States.

Answer: FALSE. Cotton is produced in 17 states, and Texas is the leading producer in the United States.

For 500 Points

True or false?

Statement: Cotton has been grown and used to make fabric for 7,000 years.

Answer: TRUE. The earliest production of cotton was in India, dating back to the fifth millennium B.C.

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NAME THE EVENT

For 100 Points

Statement: Water bottle, hand towel, cotton t-shirt, shorts, sneakers or cleats

Answer: Sports practice or game

For 200 Points

Statement: Tablet cued to sheet music, water bottle, name tag, crisp cotton outfit

Answer: Music performance

For 300 Points

Statement: Business casual outfit in breathable fabric, résumés, pen, winning smile

Answer: Internship or job interview

For 400 Points

Statement: Laptop, class notes, textbook, heap of snacks, cotton pj's

Answer: Studying for an exam or completing a writing project

For 500 Points

Statement: Comfortable outfit in breathable cotton, course schedule, campus or school building map, loaded backpack

Answer: First day of school

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COTTON SUSTAINABILITY (True or False?)

For 100 Points

True or false?

Statement: While cotton is sustainable, it is the least flexible fabric for dyeing into a myriad of colors.

Answer: FALSE. Cotton textiles are great for absorbing color dyes, so go for that color!

For 200 Points

True or false?

Statement: Cotton clothing gets its start on a farm, while polyester is derived from crude oil.

Answer: TRUE. Cotton is natural and grown from the earth and spun into yarn, while polyester is created in a lab from the same type of crude oil that is used to fuel cars.

For 300 Points

True or false?

Statement: The best way to care for most cotton clothes is to air them out, turn them inside out, wash them with like colors and fabrics (don't overstuff the washing machine), and don't over-dry them.

Answer: TRUE. Be sure to check the label for cotton and washing instructions.

For 400 Points

True or false?

Statement: All clothing sheds microplastics when washed, which end up in waterways.

Answer: FALSE. When clothes are laundered, they produce *microfibers*, miniscule fibers that shed through regular wear and get into our waterways. *Microplastics* are microfibers made of polyester that get into aquatic environments and persist because they don't biodegrade easily. Fabric made of 100% cotton is biodegradable, so does not contribute to widespread microplastic pollution.

For 500 Points

True or false?

Statement: Worn-out denim apparel is useless and has to be thrown away.

Answer: FALSE. Since 2006, Cotton Incorporated's Blue Jeans Go Green™ recycling program has been recycling denim to create natural insulating material for pet beds, homes, and more.

Resources

For additional information, visit:

- CottonWorks™: cottonworks.com/en/topics/sourcing-manufacturing/dyeing
- The Fabric of Our Lives: thefabricofourlives.com/the-benefits-of-cotton/sustainability
- Cotton Inc.: cottoninc.com/about-cotton/pressroom/did-you-know
- Blue Jeans Go Green™: bluejeansgogreen.org