



Hope FLAGS



Hope flags are a creative way to promote a sense of gratitude and community. In these social distancing times, reach out to those around you with this art activity using found fabric scraps and some positive messages.

Traditionally, Tibetan prayer flags represent peace, compassion, strength, and wisdom. Tibetans believe the prayers and mantras will be blown by the wind to spread goodwill and compassion.

Materials:

Rectangular cloth (cut outs from old t-shirts or a pillowcase work well)

Scissors

Tape

Paint, permanent markers, or fabric markers

Glue

Rope, stick, or pole

Step 1. Select your fabric for your flag. Leave an extra inch of cloth free on one side for hanging. (If using a t-shirt, the seam along the bottom may be useful here.) Tape your flag to your work surface to keep it in place.

Step 2. Think about what positive messages you'd like to display. Then, use paint or markers to draw words, symbols, or pictures that represent your good thoughts onto your flag. You can use stencils or make stencils using parchment or wax paper. To make a stencil, draw design on wax or parchment paper and cut out. Then use a sponge or paint brush to dab paint using the stencil.

Step 3. Let your flag dry. Cut fringe on the end of your flag if desired.

Step 4. Fold the extra inch of cloth over rope or a stick and glue it together. If using an old t-shirt, thread a stick through the seam at the bottom.

Step 5. Hang your flag outside to help us communicate our intentions of hope for one another and signify that we are all connected despite being physically apart.