

# Tried and true activities

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Name of Centre: Quantin Binnah Community Centre Inc.

Theme/Topic: Tibetan Grateful/Happy Flags	Whole class project Pair Work Individual
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## Activity ***Tibetan 'Grateful' Flags***

The color of a 'grateful' flag and the symbols printed on it create an offering that the wind distributes to the world each time it brushes against the flag. The 'grateful statements' of a flag become a permanent part of the universe as the images fade from wind and sun. Just as life moves on and is replaced by new life, Tibetans renew their hopes for the world by continually mounting new flags alongside of the old.

Time allocation: 2.5 hours (max)

### Instructions

- Ask students to think about the things that they are grateful for (it can be as simple as having good food in their bellies, Grateful for their parents, siblings, family etc.)
- Cut material into prescribed sizes
- Select a piece of material to go with each item for which they are grateful
- Leaving enough space at the top to be attached to the twine, write a simple sentence or just words on the flag with the permanent marker = If students have difficulty describing in words get them to draw it if possible (simple designs on the material look best anyway)
- When the student has finished writing/drawing on squares, lay them across the table

- Roll out an appropriate length of twine/string to overlap the flags on each end by about 60cm plus leave room for a knot in between flags
- Pin on each flag by overlapping the material at the top of the flag over the twine and secure with a pin at the reverse side of the flag
- With a basic stitch like the tacking stitch or blanket stitch, attach each flag. Make sure that you tie a knot between each flag to secure the flag in place
- Before cutting the twine ensure that enough is left to secure a 'length of flags' to a pergola, tree or from the rafters in a classroom or activity room
- Each fibre that comes off the squares of material over time is a message that travels into the sky with the clouds, sun and moon and your message of gratitude is heard
- The more colorful the flags the better - other items like buttons etc, can be attached as well or instead of (as long as it is an expression of what the student is grateful for!)

## Resources

- approx 12 different colored, fine (and cheap) squares of materials
- (flags) approx 40cm x 30cm
- Black .5mm permanent marker pens (enough for one each or 1 between two)
- Balls of twine or string or heavy duty synthetic fibre in a string
- Cotton & needles & pins
- Long trestle tables to lay about equipment
- Other items as required eg. Buttons, brooches, stick pins, other printed or patterned material or natural items leaves, sticks, feathers colorful ribbons

## Possible adaptations or outcomes

Session outcomes: Self reflection, self evaluation, engaging simple words with more complex concepts, tactile reinforcement, simple hand eye coordination

Possible Adaptions: animal shapes cut from stencils for religious festivities

## Extension ideas

