

RECIPES FOR A PEACEFUL CULTURE #1 - PEACE FLAGS

Inspired by the prayer flags of Tibet, which are in a set of 5, the common colours are blue (sky) white (air and clouds), red (fire) green (earth), and yellow (water). This is also the traditional order in which they appear.

1. Select your fabric and tear or cut it into the shape of a square, triangle, or pennant. Be sure lay down newsprint to protect your table from markers paint from bleeding through. Tape your flag in place.
2. If you want a peace symbol, decide if you can draw it freehand or if you need a stencil. You can make a stencil this way: find a pattern on line, print it, cut it out and trace it onto cardboard. There are other things you could paint: a slogan, a mandala, a heart, a dove....
3. Plan to leave a small margin at the top or side of your flag, depending on if you want to hang it from twine or use a piece of dowel up the side to support it. Glue or sew the seam.
4. Put yourself into a peaceful frame of mind and make a sincere wish for more peace in your life or family or city or country or world. Then paint your flag.
5. Place your flags indoors or outdoors where you and others will see them and be reminded of the need to work for peace in the world. You might sew together several flags of the same size to make a wall hanging for your community space.
6. Once you've got your favourite paints and fabrics chosen, host a flag-making party!

Inspired? Find more recipes and discussions about peace at peacequest.ca!

RECIPES FOR A PEACEFUL CULTURE #1 - PEACE FLAGS

Inspired by the prayer flags of Tibet, which are in a set of 5, the common colours are blue (sky) white (air and clouds), red (fire) green (earth), and yellow (water). This is also the traditional order in which they appear.

1. Select your fabric and tear or cut it into the shape of a square, triangle, or pennant. Be sure lay down newsprint to protect your table from markers paint from bleeding through. Tape your flag in place.
2. If you want a peace symbol, decide if you can draw it freehand or if you need a stencil. You can make a stencil this way: find a pattern on line, print it, cut it out and trace it onto cardboard. There are other things you could paint: a slogan, a mandala, a heart, a dove....
3. Plan to leave a small margin at the top or side of your flag, depending on if you want to hang it from twine or use a piece of dowel up the side to support it. Glue or sew the seam.
4. Put yourself into a peaceful frame of mind and make a sincere wish for more peace in your life or family or city or country or world. Then paint your flag.
5. Place your flags indoors or outdoors where you and others will see them and be reminded of the need to work for peace in the world. You might sew together several flags of the same size to make a wall hanging for your community space.
6. Once you've got your favourite paints and fabrics chosen, host a flag-making party!

Inspired? Find more recipes and discussions about peace at peacequest.ca!



PEACE
QUEST



RECIPES FOR A
PEACEFUL CULTURE: Peace Flags



PEACE
QUEST



RECIPES FOR A
PEACEFUL CULTURE: Peace Flags