



‘Wind wishes’ activity



 Start this activity with a short reflection:

Take a few moments to settle.



Then check inside your heart if there is a big wish for others.

What do I wish for my family, for my friends, my schoolteachers, for someone I know who is suffering, what do I wish for the environment, for other people, for the animals, what do I wish for the whole world?

Then draw or write your wishes on a card or white cloth.

Once each child has completed the flag, they are all put together with a string. They can be put in the classroom or outside in nature.



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Find out what a “Prayer flag” is in the Tibetan Buddhist tradition.

Which colours can you see on those flags? Find out what these colours represent.



Which animals are shown? What else is printed on these flags?



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Which colours can you see on those flags? Find out what these colours represent.

Which animals are shown? What else is printed on these flags?

Now write down a few lines about what a “Prayer flag” is in the Tibetan Buddhist tradition and do a presentation for the whole group.



Teacher's notes:

Before or after this activity you could show children a photo of traditional Tibetan Prayer flags.



Explanation: Prayer Flags

In the Tibetan Buddhist tradition these flags are called “Prayer Flags.”

On these flags there are auspicious symbols, prayers, and mantras printed on the cloth.

The five colours are: yellow, green, red, white, blue.

Each colour represents one of the natural elements:

earth (yellow), wind (green), fire (red), water (white), space (blue).

It is believed that the wind will carry the prayers far and wide.