



Activity 100

Spiritual Development:

You will need – Felt, sequins, buttons, glitter, paint, variety of art & craft materials, scissors, fabric, wooden dowel, string, glue gun and felt tip pens.

Activity – This activity is designed to look at an alternative way of supporting prayer. We made prayer flags or bunting from felt, fabric and art & craft materials. Firstly cut a rectangle from your background fabric, fold over approximately 3 cm at the top for the dowel or string to go through. Using some paper sketch the design/some ideas for your prayer flag. E.g.

- * your family
- * friends
- * add nature such as trees/ flowers
- * special people
- * give thanks for things
- * pets
- * school/education
- * saying sorry
- * help or others
- * the world etc.

Now use felt and other art and craft materials to make

your prayer flag. Leave to dry. Sit quietly and hold your flag to support you in quiet time. You can keep your prayer flag with you to help you or put them on display to share with others.

Prayer Flags/Bunting To explore prayer.

