



# February 22, 2026

TODAY'S TOPIC:  
Prayer Flags

## SCHEDULE

- :00-:05 =
- :06-:12 = Circle #1 Community
- :12- 25 =
- :25-40 = Circle #2 Lesson
- :40-55 =
- Say affirmation as they leave

## EXTRA NOTES

You might choose to do your lesson around the tables to help in each person creating prayer flag.

## Circle #1: Community

| Community Question                                                                                                       | Expectations                                                                                            | Thinking Job                 |
|--------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------------------------|
| <b>SONG:</b> I Sing My Love<br><b>QUESTION:</b><br>Tell us your name, age, and<br><b>One thing you are thankful for.</b> | <ul style="list-style-type: none"><li>• Be kind</li><li>• Show respect</li><li>• Ask for help</li></ul> | <b>Where do I see flags?</b> |

## Circle #2: Lesson

| Materials                                                                                                                                                                                    | Things to Prepare                                                          | Today's Goal                                                                  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Prayer flag sample</li><li>• Blank prayer flags</li><li>• String for completed flags</li><li>• Markers</li><li>• Whiteboard or posterboard</li></ul> | <ul style="list-style-type: none"><li>• Prayer flag making space</li></ul> | Discover prayer flags as spiritual practice and an act of peace and goodwill. |

1. SPIRITUAL MOVEMENT = Inhaling the Universe
2. CANDLES =
3. SING AND SIGN = Surely the presence
4. BASKET =
5. PRAYER =
6. LESSON=

**SAY:** What are some flags you see every day? United States flag, Colorado flag.

**SAY:** Raise your hand if you have seen these before. (hold up string of prayer flags)

It's a special kind of flag called a prayer flag. (can also point out the flags hanging in the classroom)

**ASK:** Can anyone tell me what prayer flags are for? What do they represent? (Allow for all answers)

**SHARE:** They are best known for a country called Tibet and have been around for thousands of years. The Tibetan word for this type of peace flag is "Lungta" or "wind horse" because the flags are made to carry good wishes of peace, strength, compassion,

and wisdom far and wide as they flap in the wind. It is believed that the wind carries the prayers and good wishes, blessing everything and everyone along the way.

#### PRAYER FLAG FACTS:

- Ours are inside today, but they are usually hung outside.
- We can create ours anyway we want, but they are usually five colors to represent five elements – blue (sky/space), white (air/wind), red (fire), green (water), yellow (earth).
- They do not carry prayers to gods, but to spread prayers and good wishes to all with the wind.
- They are hung up at the start of the Tibetan New Year, which is today.
- Prayer flags are decorated with symbols of peace (non-violence, getting along), strength (doing the right thing, even when it is hard), compassion (caring for other people) and wisdom (learning about other people, cultures, and religions to better understand things).

**ACTIVITY:** Each person creates their own prayer flag.

1. At the table, get everyone set up with their own prayer flag, but do not get out the markers yet.
2. Discussion = *Use posterboard or a whiteboard to draw ideas or write words for the class to use as inspiration when they make their flag.* What kinds of things can we pray for in the world? What kinds of things do we want to bless the world with? What are words or symbols for peace, compassion, strength, wisdom, kindness? What are some symbols we can use to represent these things we want for the world?)
3. Get out the markers and have everyone make their own flag.
4. String the flags on the string and hang in the classroom.

**AFFIRMATION:** My prayer flag anchors peace compassion, strength and wisdom! X4

**Today's Affirmation: My prayer flag anchors peace, compassion, strength, and wisdom. X4**

**Take Home:** N/A

