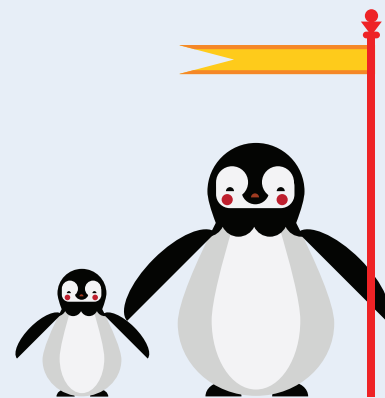


Family Flags

What's a family flag, and why make one?

The family flag activity gives your family an opportunity to work together on a creative project that describes and symbolizes your family. Your family flag activity builds a shared identity. You'll be proud to display it and share it with guests.



Participants

The family flag activity is suitable for the whole family, ages 4 and older.

Time needed

Your family should set aside 20 to 50 minutes to complete the family flag project.

Supplies

Required items:

- One large white poster board or large piece of butcher paper
- Colored markers or crayons

Optional items:

- Art supplies for decorating (glue, glitter, yarn, colored construction paper)
- Magazines with pictures
- Pictures of symbols (available online)
- Family photographs
- Child-friendly scissors (if needed)

Instructions

Think about how to show who your family is by asking questions such as:

- What do you like to do? Favorite activities can be shared and/or done individually.
- Where have you lived and traveled?

- What are your dreams and goals, both individually and as a group?
- What do you value most?
- What symbols represent your family?

Some families create a family crest while others decorate their flags with symbols. Some think of it as a map, showing all the journeys they have experienced, while others create memory collages. Be as creative as you want! There is no right or wrong way to do the activity. Parents should invite ideas from everyone and model respectful collaboration. Encourage fun and curiosity.

When your flag is finished, display it in a place of honor. Visitors will be able to see it, and you will all be reminded of your shared identity.

Tips for talking about the flag

Celebrate the contributions each child makes to the flag, and honor your own ideas, too. Here are a few ways how:

- Use praise and be specific.

Example: "I like the way you chose red, green and blue for the letters of our name!"

- Identify individual and family strengths, making sure to honor everyone equally.

Example: "We really do know how to have fun as a family when we take a road trip!" or "Maya is such a fast runner, and we love to hear Jason's original jokes."

- Be curious and invite storytelling.

Example: "You really liked that trip to the Grand Canyon. What was your favorite part?"

- Model and encourage good communication techniques such as taking turns talking, practicing attentive listening and validating feelings and ideas.