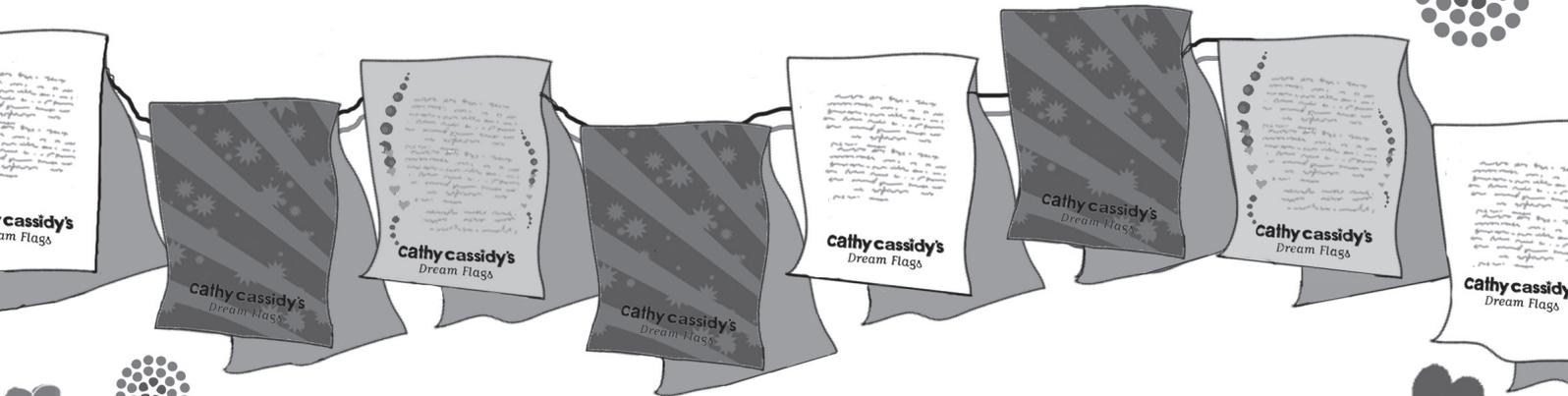


# Cathy Cassidy's DREAM FLAGS...



## Who can make DREAM FLAGS?

**ANYONE . . .** a group of friends at a sleepover or friendship festival;  
a single person who wants to link several wishes/dreams together;  
an art or textiles class at school; a PSE/ English class... the list is endless!

The idea of making dreams come true is an important part of many of my books... in *SCARLETT*, the main character ties red ribbons onto a 'wishing tree'; in *GINGERSNAPS*, Ginger wishes for a friend; and in *DRIFTWOOD*, Paul creates his own kind of beach magic... crazy? I don't think so!

**WISHES and DREAMS** are just another word for positive thinking,  
and that's something that can be very powerful!

So how can you make your wishes and dreams come true? Get together with some friends and create some beautiful dream flags to start the magic off... by writing down the dream you're already creating positive energy. It's not enough just to make the dream flag... you have to take some positive steps to make the dream happen!

## So . . . what are you waiting for?

**DREAM FLAGS** are inspired by the beautiful Buddhist **PRAYER FLAGS** I saw in Nepal . . . Buddhist **PRAYER FLAGS** are made of brightly coloured cloth with prayers and good-luck symbols written onto them, and are draped around temples and holy places. The idea is that the wind catches the prayer and takes it to the four corners of the earth... cool, huh?

To borrow the ideas, you will need:

- ♥ A3 white or coloured paper
- ♥ Coloured crayons, felt pens, oil pastels, water-based paints, brushes, scissors, glue, glitter, sequins, yarn, foil streamers, tinsel, stickers, stars, tissue paper, ribbon, gold/silver pens, assorted collage materials.
- ♥ A long length of string/coloured cord /ribbon
- ♥ **IMAGINATION!!**

Turn over for instructions!

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# How to make your DREAM FLAG:

- ◆ Take your piece of A3 PAPER and cut it in half lengthways. Then fold each piece in half so you have two long thin strips of paper. This will give you 2 flags.
- ◆ Use PAINTS, PENS, CRAYONS, PASTELS or a combination of these to pattern/colour the paper. Remember that oil pastels will show through a wash of watercolour paint... you can create some interesting patterns this way! Or collage your flag with ribbon, foil, stars, paper!
- ◆ Write your dream onto the flag-shape. If you'd rather keep the dream secret, just decorate the flag with your own patterns and symbols, but think about your dream while you are doing this.
- ◆ Use both sides of the flag, or get your friend to use one side so you can share your dream flag!
- ◆ Fold your flag over the string/cord and staple or glue your flag into place... then hang the completed string of dream flags/bunting along an indoor wall or classroom!

## FABRIC DREAM FLAGS

- ♥ CUT an old sheet or length of white cotton/calico/lawn into equal rectangle shapes. If using fabric, keep the cloth rectangular! Edges can be left unhemmed. You might want to fringe the edges of fabric!
- ♥ COLOUR the fabric using fabric pens/crayons/paints; try wetting fabric, diluting fabric paint and painting several colours on, allowing them to bleed into each other; try tie-dye; or embroidery; or applique; or batik; even silk paints, if you can stretch to silk dream flags! You may need an art/textiles teacher to help you with some of these ideas!
- ♥ Allow fabric to DRY before adding your dream/wish using felt pen, pencil, embroidery or applique.
- ♥ ADD tassels, fringes, sequins, buttons or streamers as in the paper version.
- ♥ STITCH or STAPLE your Flags to string, ribbon or cord and hang across a doorway... WOW!

## So what can you WISH for?

DREAMS that are way out of your control, like wishing the person you fancy would ask you out, are not good options! Be more general... create a design based on bringing love and happiness into your life. For example:

- ♥ Focus on a DREAM of something you'd like to do/achieve.
- ♥ Make a WISH for the world... like love, happiness, peace, etc.
- ♥ Focus on something you'd like to CHANGE.
- ♥ If you're making DREAM FLAGS as part of a PSE/RE class, make the wishes into prayers or hopes... or link the flags to a particular topic, like stopping bullying or ending poverty.
- ♥ Never make a WISH that could harm anyone else.
- ♥ Don't be greedy or selfish in what you WISH for!
- ♥ Remember that DREAMS and WISHES don't come true all by themselves... you need to take action to help them along!

 Dream it... then do it! Cathy Cassidy x

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