

Personal Flag - Crafts



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WHAT MAKES IT MEANINGFUL

Designing a personal flag helps individuals express identity, values, emotions, or dreams through symbols, colours, and shapes. It promotes self-reflection and creativity while offering a way to celebrate what makes each person unique.

TIME

30 - 45 minutes

MATERIALS

- Paper or cardstock
- Markers, crayons, or coloured pencils
- Ruler (optional)
- Scissors and glue (if adding paper cutouts)
- Optional: fabric, felt, or a wooden stick for real flag making



Personal Flag

INSTRUCTIONS

1. Gather all of your materials in a comfortable space.
2. Talk about what a flag represents — a country, group, or idea. What would your personal flag represent?
3. Choose shapes, symbols, and colours that reflect:
 - a. Your personality
 - b. What you love
 - c. Things that are important to you
4. Draw and decorate your flag on the paper. You can add cut-out shapes from colored paper for a 3D effect or write words or short phrases if you'd like (e.g., “Hope,” “Strength,” “Be Kind”).
5. Once your flag is complete, share what each part means if you'd like to with others.

SUPPORTS NEEDED

Support may be needed depending on the individual's needs. Verbal prompts may help guide reflection. A support person can assist with drawing, cutting, or writing if needed.