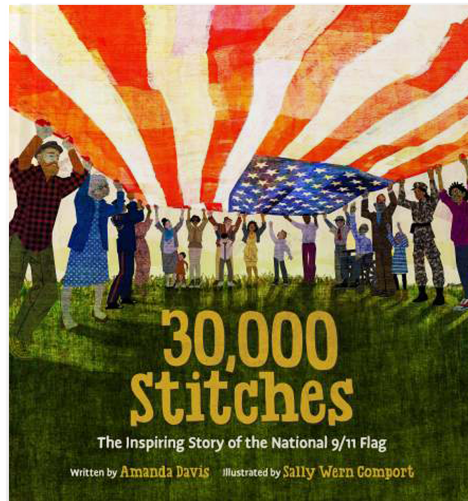


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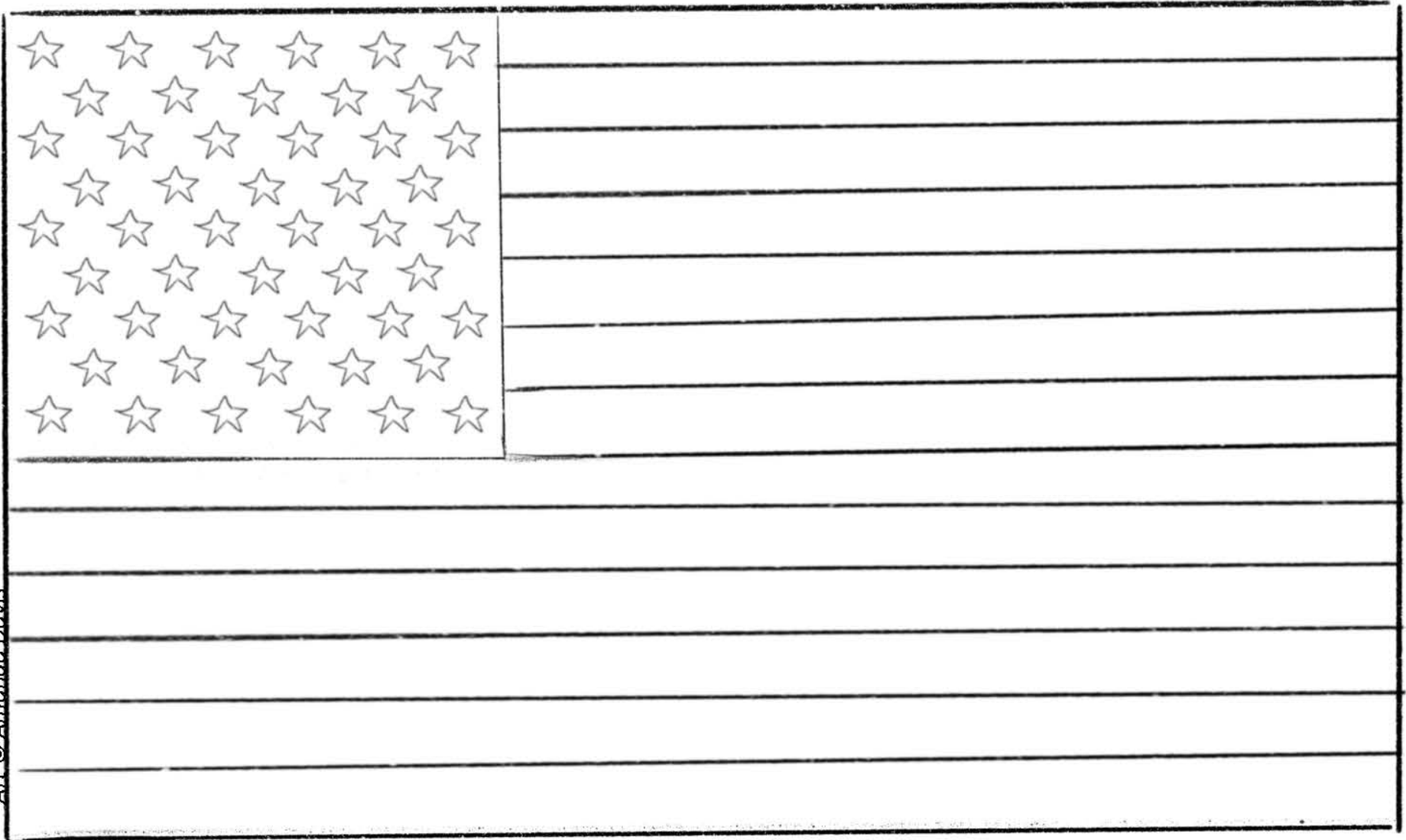
30,000 STITCHES ACTIVITY SHEETS

Ages 5-8



Can you color in the flag below? This is the flag of the United States of America. It is made up of red stripes, white stripes, a blue square, and white stars.

- The top stripe is red.
- The second stripe is white.
- The stripes switch between red and white all the way to the bottom.
- The square is navy blue.
- The stars are white.



Did you know that each part of the American flag has a special meaning? Each shape and color tells you something about our country—almost like a hidden message! Looking back at your colored flag on the previous page, answer these questions...

How many stripes are on the flag? _____

The stripes on the flag represent the number of original colonies that America had when it first became a country.

How many stripes are red? _____

The color red symbolizes bravery. Bravery means the country has the courage to fight for what we believe in.

How many stripes are white? _____

The color white stands for purity and a fresh start.

How many stars are on the flag? _____

The number of stars represent the number of states in our country. What state do you live in?

On the flag, what color is the box that holds the stars? _____

This color stands for perseverance. Some battles take a long time to win, but we need to stay strong the entire time.

If you had your own country, what would your flag look like? What colors would you use and why? Design your own flag below.



Helping Hands Activity

The restoration of the National 9/11 flag wouldn't have been possible without the many helping hands that stitched it along the way. The hands of firefighters and soldiers, of teachers and students. The hands of mothers, fathers, brothers, sisters. The hands of many different people—people like you and me. All of these hands came together to help the flag heal and restore. Hand by hand, thread by thread, one stitch at a time. For this activity, we are going to make our own helping hand.

In the spaces below, answer the following questions:

- Write about a time that you helped someone.
- What did you do to help them?
- How did it make you feel?

Now it's time to draw your helping hand! Fill the hand shapes on the next page with words and pictures that show how you helped someone. For example, if you remembered a time you helped your grandmother garden, you can draw flowers and sunshine and write words about how that experience made you feel. Here are two examples:



When you are done drawing inside the hand, use scissors to cut out the hand and hang it on your wall as a reminder to always lend a helping hand.



Read 30,000 Stitches together and discuss these questions.

Discussion Questions:

- Why do you think it was important for a flag to hang above ground zero?
- Why did the first responders take the flag down?
- Do you own something that you have stored away for safe keeping? What is it? How are you keeping it safe?
- When the flag was brought out of storage, a lot of people came together to help repair it. Looking back through the book, who are some of the people who helped restore the flag?
- The flag traveled to every state in the country! What states have you visited?
- How did it make people feel to see the flag put back together?
- The restored flag is a symbol of unity. What do you think the word unity means?

