DISCUSSION
Google Dictionary defines PRIDE as: confidence and self-respect as expressed by members of a group, typically one that has been socially marginalized, on the basis of their shared identity, culture, and experience.

1. What things about being Hmong, makes you proud?
2. Are there things about being Hmong, that you are not so proud of? Why is that?
3. How do you express your Hmong pride?

SYMBOLS OF THE ENVIRONMENT

The River
There is a close relationship with the Hmong and the Mekong River. As farmers, it was a source for livelihood but later, as the Hmong fled from war, the Mekong became the obstacle standing between persecution and refuge.

The Land
As a community, whose daily lives were tied to the land, geometric symbols on textile designs are pulled from nature. The metaphoric phrase for textile is itself is a metaphor – paj ntaub meaning flower cloth.

DESIGN A T-SHIRT
Show your Hmong pride or pride in your culture, by designing a t-shirt. Consider symbols from your culture or family’s history.

Common Hmong textile symbols

- Snail
- Mountain
- House
- Heart