

Coat of Arms

In the past, symbols on a coat of arms told what a family stood for and what significant things family members had done. The coat of arms was a representation of how the family was proud of their heritage. Knights also had coats of arms painted on their shields to show what they stood for and what they represented. What would a coat of arms look like for you? What do you stand for? What values are important to you? What makes you unique? What do you want people to see when they look at you? Once you know what's of value to you and what you want to accomplish, use those as guidelines when you face decisions in your life. Do your decisions align with your values and what you stand for? Do your choices keep you on the road to achieving your goals? Use this activity to start asking questions and to uncover important answers!

Social Emotional Learning Competency:

- Self-Awareness
- Social Awareness
- Responsible Decision Making

Purpose:

- For participants to learn some of the connection between values and choices.
- For participants to discover some of their own values.

Materials

- Coat of Arms Copies
- Scrap paper
- Crayons/Markers
- Calm music (optional)

Success Indicators

- Participants spend time thinking and are engaged in making a coat of arms.
- The willing share what they created.

Preparation

- Make copies of the coat of arms for your participants. You may use the attached one or google one.
- Gather other needed supplies.

Activity

- Introduce participants to the coat of arms as described above. Share a sample coat of arms (Can be one you made for yourself or one you find on the internet).
- Let them know you are challenging them to think about themselves and what they stand for. After some reflection they will be asked to design their own coat of arms.
- Pass out supplies.
- Examples of areas of the coat of arms they need to fill in are:
 - Something about yourself you are proud of.
 - Values that are important to you.
 - Goal for the next year and a life goal.
 - An important person you can rely on for support.
 - In the bottom banner write a personal motto.
- Ask participants to spend some time thinking about the areas on the coat of arms. They can use the scrap paper to make notes about their thoughts.

Adapted by Angela Holmes, 4-H Educator, January 2023 from Utah Education Network, prevention dimension



- **Recommended Group Size:** Any

Est. Time

- 30-45 minutes or longer depending on how much time you allow for reflection and sharing.

Activity Continued

- You can choose to play some calm music and allow participants time to think, reflect, and make notes.
- Once they know what they want to do, they should design their coat of arms.
- After everyone has completed their coat of arms ask for volunteers to share and explain what they created.
- After those that want to share have done so, ask some wrap up questions:
 - Did you learn anything about yourself that surprised you?
 - Do you think the important people in your life would support what you've created on your coat of arms?
 - How can you be sure to stay in line with what you have identified today as important, valuable, and your goals?
- Finally, leave your participants with a challenge. Maybe challenge them to share the coat of arms with those at home or with someone important in their lives.
- Ask them to hang this where they can see it daily and reflect on it often as they make decisions.

<https://www.uen.org/preventiondimensions/downloads/lessons/third/Lesson8-MyCoatofArms.pdf>