

My Coat of Arms Activity

Materials Needed

- Markers
- Copies of the “Coat of Arms Shield”
- You can also use newsprint and have students create their own Coat of Arms

Focus Area

- Getting to know one another
- Learning about what’s important to each other

Time Needed

- 20-30 minutes depending on group size

Group Size

- Any size (if group is larger than 20, you may want to have them share in smaller groups)

Directions

- Draw a picture or use words to represent your family and/or friends
- What is your greatest success or proudest moment?
- Who is your greatest influence or role model?
- 3 words to describe you?
- What is something that is challenging for you?
- What are the qualities of a good leader?

Processing

- Students will share their shields with the larger group

**The Leadership Education And Development Office
at George Mason University**

These resources have been adapted throughout the years. If you know the origin of any of these activities, please feel free to let us know so we can list the proper citation. A special thank you to the students, faculty, and staff who have contributed over the years.



Leadership Education
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