



## ACTIVITY 'S TITLE: Coat of arms (Theme: Self-esteem)

**Type of activity:** intrapersonal/interpersonal

**Number of participants:** 5-7

**Participants' academic profile(s):** secondary level

**Participants' average age:** ≥18 years old

**Duration:** 45-60 minutes

### Necessary materials:

Sheets of paper with the coat of arms depicted, coloured pencils or markers.  
Coasters can be used for drawing.

### Aim or Purpose:

To help to get to know yourself better, to strengthen self-presentation skills, to strengthen self-esteem, to strengthen self-confidence.

### Expected Outcomes:

Better self-knowledge, more realistic self-esteem.

### Competencies that will be developed:

- Cognition of one's strengths and weaknesses.
- Cognition of one's aspirations and desires.

### Skills that will be developed:

- The ability to notice one's strengths and weaknesses in a work environment.
- The ability to briefly introduce oneself based on a drawn coat of arms.

Project implemented by:





## Key terms / special vocabulary about / during the activity:

- Personal strengths and weaknesses.
- Coats of arms.
- Slogan.

## Preparation:

### Activity's step-by-step description:

1. Each participant gets a sheet of paper with the coat of arms depicted in 4 parts.

2. Participant gets an explanation that each part of the coat of arms (window) has its own theme:

1<sup>st</sup> part at top left - What are my strengths? What can I learn, what can I do?

2<sup>nd</sup> part at bottom left - What are my weaknesses? What's wrong with me?

3<sup>rd</sup> part at top right - What do I like? What do I like to do?

4<sup>th</sup> part at bottom left - What do I want to achieve? What do I want to become?

3. Participants are asked to draw a drawing or symbol in each window of the coat of arms according to each theme. Write a slogan under the coat of arms. It can be added that the slogan is what helps the participant to achieve what he wants.

4. After all participants have drawn the coat of arms and written a slogan, each participant is asked to present their coat of arms.

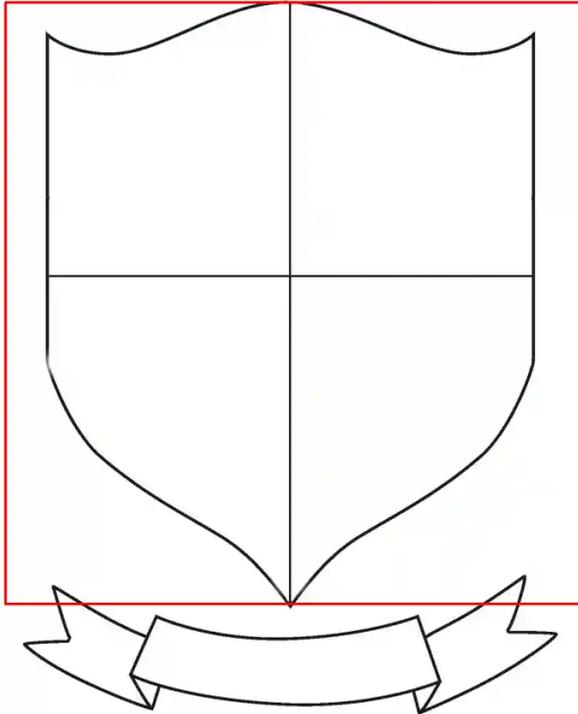
5. The moderator encourages the presentation of each participant as well as the constructive response and feedback from the other participants.

## Recommendations (How to use the tool/resource):

**The moderator can select a suitable coat of arms image in the web search box.**

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## Evaluation:

The facilitator could ask a few follow-up questions in order to assess the activity's results:

- What did you learn during the activity?
- Have you discovered anything new?

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