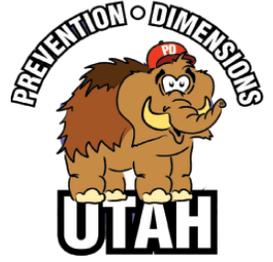


My Coat Of Arms

More Practice With Builders/Breakers



3 Cs

- ☞ I care about myself.
- I care about you.
- I care about my community.

Help students to understand and invite them to state clearly:

- I have the right to care about myself.
 - I have the responsibility to make smart choices when I care about myself.
-

Preparation

Copies

- Worksheet: "My Coat of Arms" (see page 93)
- Home Connection: "Understanding Me" (see page 94)

Materials

- Complete a sample of a coat-of-arms in advance of teaching this lesson.
-

Vocabulary

- Coat of Arms
-

Lesson at a Glance

Introduction

1. Coat of Arms

Strategy

2. Create a Coat of Arms.

Conclusion

3. Coat of Arms review

Home Connection

4. Understanding Me
-

Core Curriculum Objectives and Standards

Objectives

- Identify personal uniqueness by creating a personal coat of arms.

Standards

- 7030-0101 Demonstrate responsibility for self and actions.
-

Teacher Notes

Introduction

Explain

1. 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 to be a builder.
- Show an example of the “Coat of Arms” that you have completed pertaining to your own family.
- Explain some of the symbols you have used on your own coat of arms and how the symbols represent your families building traditions.

Strategy

2. Create a Coat of Arms

Tell students they are going to create their own personal coat of arms that represents how their family’s building heritage.

Explain and Create

The four sections of the shield contain:

- Something about yourself that makes you feel proud.
 - What you would like to be doing in ten years.
 - A description of your family.
 - Something you like doing with your friends.
-
- Write a family motto underneath the shield.
 - Examples of mottos are: Loyalty and Love, Together Forever, Family First, Parents and Kids Unite, Eight is Great, etc.
-
- Distribute a “My Coat of Arms” worksheet to each student and ask him or her to complete a coat of arms.
 - Encourage students to express their ideas through symbols, pictures, and words. Encourage students to work alone on this activity.
-
- Ask each student to share his/her shield with the class and discuss the different areas.
 - Other class members may ask questions.
 - The person who is sharing is not obliged to reveal information which makes him or her feel uncomfortable.

Conclusion

3. Coat of Arms review

Ask students the following about the “Coat of Arms” activity:

- What was the hardest part of this exercise for you?
- What part was easiest?
- How did it feel to share some personal information with the group?
- What was it like to listen to others share information?

Home Connection Prepare

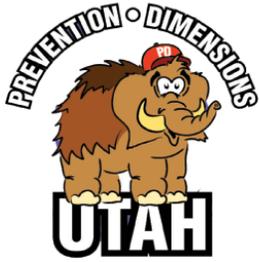
4. Understanding Me

- Make a copy of the Home Connection for each student.
- Take a short amount of class time to explain the home assignment.
- Send the Home Connection paper home with each student and instruct students to share the information with their families.
- Consider having the students bring the Home Connection back to class for a follow-up discussion.





"My Coat of Arms"



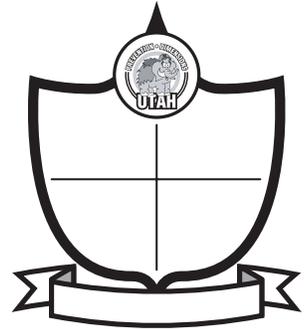
Home Connection

Dear family,

Today I designed a Coat of Arms that represents me, my family and what I like to do. Please ask me about this project.

Please help me better understand myself and my family by answering the questions below.

Thanks.



1. When I am alone, I like to . . .

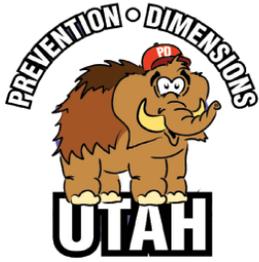
2. When I am at home with my family, I like to . . .

3. When I am at school, I like to . . .

4. When I am with my friends, I like to . . .

5. The things I can do best are . . .

6. The things I wish I could do better are . . .

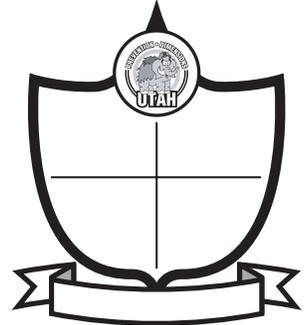


Conexión en el Hogar

Querida familia,
Hoy diseñé un escudo de armas que me representa a mi, a mi familia,
y a lo que me gusta hacer. Por favor pregúntame acerca de éste
proyecto.

Por favor ayúdame a entenderme mejor a mi mismo (a) y a mi
familia al contestar las siguientes preguntas.

Gracias.



1. Cuando estoy solo (a), me gusta...
2. Cuando estoy en la casa con mi familia, me gusta...
3. Cuando estoy en la escuela, me gusta...
4. Cuando estoy con mis amigos, me gusta...
5. Las cosas que yo puedo hacer mejor son...
6. Las cosas que me gustaría poder hacer mejor son...

