

Exercise 1.3. – Identity coat of arms

Educational objectives	Enhancement of self-esteem; individuals are encouraged to recognise and celebrate positive aspects of themselves. Groups find their common goals.
Note on use	This exercise allows the students to become actively involved very quickly. It is ideal in a newly set up learning group or at the beginning of a training session.
Resources	Coat of arms poster for each group of students, coloured pens or pencils, pictures from magazines, etc.

Procedure

1. Using a group-forming “game” (e.g. by handing out matching cards to form groups of jugglers, violinists, etc.) the class is divided into three, six, or nine groups depending on the class size. There should be no more than five students in each group. Each group is either A, B or C.
1. The students work in groups of four. Each student is given an outline of a coat of arms, which is divided into four sections and has a scroll beneath it. The parts may already be cut out from a second copy so that they can be glued on the main coat when finished.
2. Task:

Individual preparation:

 - take notes answering the following questions:
 - How do you perceive yourself?
 - What do you need?
 - What are you capable of doing?
 - What do you regret when you think about your own life?
 - draw (or select) a symbol or symbols that represent your notes (colours, coloured paper, magazine pictures, etc.).

Group work:

 - explain your symbol(s) to your group members
 - glue all parts on your coat of arms
 - find a common symbol for your group (centre), a motto for your ideas (top flag) and a name for your group (bottom flag).
3. The completed coats of arms are presented by a group member to the plenary and are displayed alongside everyone else’s on the wall.

Materials

