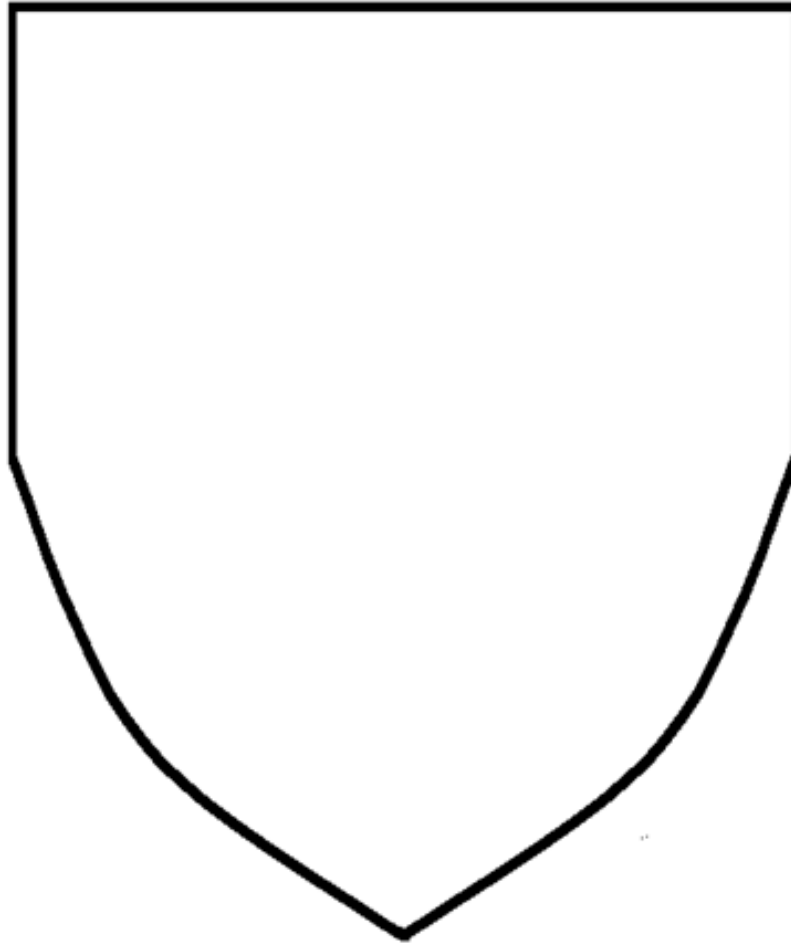


September 26, 2011

## FAMILY COAT OF ARMS



A Coat of Arms has long been a symbol of a family's identity and values. Make your own personal family crest based on the values and principles important to you.

- 1) Ask everyone to brainstorm ideas about what each section of the shield will represent. Choose abstract ideas that are important to your family—such as truth, loyalty, love, and patience.
- 2) Choose the top 4 or 5 values and the colors to represent them.
- 3) Draw a small illustration in each section that symbolizes the values you chose. Write the name of the value under the drawing and add color.
- 4) Print out and hang on your fridge, put on your door, or make into a wearable badge!