



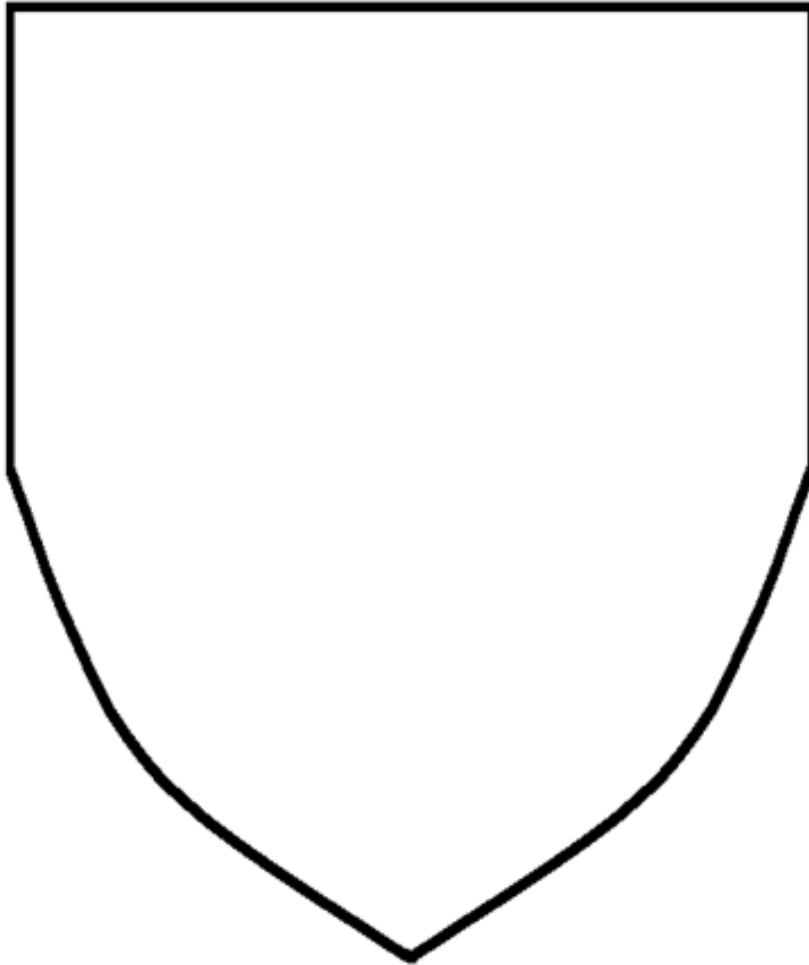
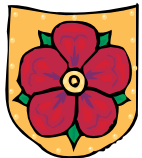
The National Center on
Addiction and Substance Abuse

Family Day

Be Involved. Stay Involved.®

Celebrate *Family Day* - September 26, 2016

FAMILY COATS 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!