

Personal Coat of Arms

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- A unique design, shield, banner, flag, or shield
- Includes a personal motto and source of information to share with this group and serve as a reminder to us
- Shares our interests, attitudes, personality, goals, contributions, and attributes
- Each section on the coat of arms includes three words, a symbol or an animal that represent an important personal meaning

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Group Exercise

- Create your personal coat of arms
- Add your name and date
- Post it on the wall
- Share highlights with the group