

's Coat of Arms

Your Name _____

"Make ye a mighty effort, and choose for yourselves a noble goal." —'Abdu'l-Bahá

Imagine you're a medieval knight, galloping across the European countryside to get to a neighboring kingdom. Will they welcome you or feel threatened? You're recognized by your coat of arms, the distinctive emblem on your cloak and shield. It lets others know you've come in peace.

Since the Middle Ages, it's been traditional for noblemen to display coats of arms on flags, shields, tapestries, and other belongings. The animals,

patterns, symbols, or colors have meanings. For example, gentle animals could represent people with scholarly or peaceful pursuits. A person's values, accomplishments, or family ties can be "read" from a coat of arms.

What would your coat of arms look like? It might include your life dreams or skills and interests. When you hone your strengths, you can face any challenge like a noble knight.

Create your own coat of arms. Draw creatures and symbols in each labeled section of the shield. Then write a personal motto or quote that best expresses you.

CREATURES ON A COAT OF ARMS CAN CONVEY YOUR **QUALITIES**. A LION SHOWS COURAGE, A DOVE IS FOR PEACE, A DRAGON MEANS YOU'RE A PROTECTOR, AND AN EAGLE MEANS YOU'RE DECISIVE.

MANY SYMBOLS AND SHAPES CAN REPRESENT YOU. AN OAK TREE EXPRESSES STRENGTH, AN ANCHOR IS FOR HOPE, THE SUN MEANS GLORY, AND HOLLY IS FOR TRUTH.

COLORS HAVE MEANING, TOO. BLUE CAN REPRESENT LOYALTY, PURPLE MEANS JUSTICE, GREEN CAN MEAN JOY, AND YELLOW IS GENEROSITY.

MY NOBLE VIRTUES

MY SKILLS

MY MOTTO

MY LIFE GOAL

