What to do

Step 1:
Think about what makes you, you. You might like to consider about things like: name, ethnicity, nationality, religious beliefs, gender, family relationship, opinions, skills and talents, personality traits, interests and hobbies etc. Use Worksheet 1 to record all your ideas, this could be done in words or pictures.

Step 2:
Use Worksheet 2 to create a coat of arms that reflects your sense of identity.

Here’s an example

- Blue reflects my calm personality.
- The dove symbolises my belief that we should work towards peace.
- The thistle shows my Scottish heritage. It is the national flower of Scotland.
- The motto reflects my values.
- The atom shows my scientific curiosity and the musical notes my love of singing.