

## COAT OF ARMS EXCERCISE

A Coat of Arms is normally composed of pictures and symbols. The aim is to create an atmosphere or to build a meaning into the Coat of Arms. For example, some Coats of Arms suggest strength, others suggest knowledge and wisdom. Answering the questions below will help you 'build' your own Coat of Arms.

1. Animals are often included in a Coat of Arms. Each of the animals below have certain qualities / characteristics. Select an animal and explain why its characteristics apply to you.

<u>KOALA</u>	BEAR	<b>ELEPHANT</b>	KANGAROO	GREY HOUND
CUDDLY PEACEFUL FRIENDLY SLOW MOVING	STRONG AGGRESSIVE DANGEROUS FRIGHTENING	LONG MEMORY AGGRESSIVE DANGEROUS LARGE	FAST UNUSUAL 'DIM'	VERY FAST DEDICATED FRIENDLY
		Market water		
DOMESTIC CAT	TIGER	MALE LION	<u>CHEETAH</u>	<u>GIRAFFE</u>
LOVING	ILLUSIVE	MAJESTIC	EXTREMELY FAST	TALL
WARM / CUDDLY	AGGRESSIVE	LAZY	AGGRESSIVE	ALOOF
CUNNING	DANGEROUS	DANGEROUS	DANGEROUS	SHY
	FAST	AGGRESSIVE	HUNTER	UNSTEADY

REASON

2. Write the name of your favourite sport or a hobby / interest. Why do you like the sport / hobby / interest you have named?

3. Which of the following words best describes your character (the way you are)?

HONEST	INTERE	STING	AGGRESSIVE	INTELLIGENT	HELPFUL
SERIOUS	PEACE	EFUL	FUNNY	PLEASANT	STRONG
HARD WORK	KING	KIND	TRUSTWORTHY	ŚHY SHY	CUNNING

4. Coats of Arms will often include a selection of colours. Underneath the colours listed below, place words that represent the feelings/emotions associated with each. Use your own words or select them from below.

FEAR-CALM-WARNING-SERENE-BLOOD-ENVIRONMENT-ANGER-ENVY-NATURAL-COWARD-DREAMS-WEAK-REPENTANCE-WARMTH-PUREENERGY-HYGIENIC-HAPPY-CLEAN-GOODNESS-EVIL-COLD-COOL-SINISTER-MOURNING-ICE-DEATH-CHILLED-DARKNESS-MYSTERY

RED	GREEN	YELLOW	PURPLE
ORANGE			
ORANGE	WHITE	BLACK	BLUE
URANGE		BLACK	BLUE
URANGE		BLACK	BLUE
URANGE		BLACK	BLUE

5. Below are some basic shapes of 'shields' used in a typical Coat of Arms. Place a tick inside the shape that you like best and explain why you have chosen it.

