

# COAT OF ARMS

| Opening Activities       | Duration  | No. of participants | Short Description   | Preparation                           | Materials  |
|--------------------------|-----------|---------------------|---|---------------------------------------|--|
| Participant introduction | 40-60 min | 2-25                | Participants draw their personal coat of arms and then present it | Imagine drawing your own coat of arms | 1 A3 size of card per participant (different colours)<br>1-2 large tip marker pens per participant (different colours) |

## ACTIVITY AIM:

## Activity Type: Creative/Participant Presentation

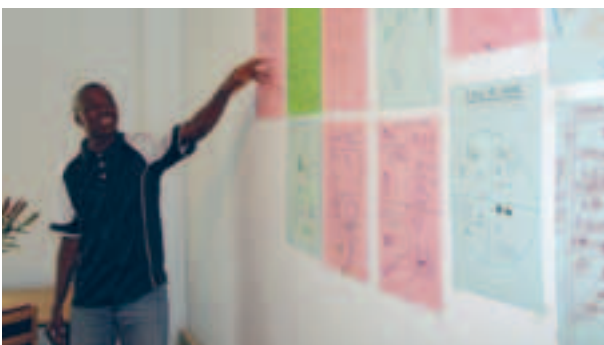
- To give participants a thorough introduction to each other
- To acknowledge participants as a resource & create a basis for learner-centred education
- To create a good learning environment by ensuring the participants take ownership of the room

## HOW:

### 1. INTRODUCTION:

Describe the importance of getting to know each other well when you are to spend a long time together during a course. All participants bring a rich resource of knowledge, skills and experiences into the room and the activity will give insight into that.

We will present ourselves by drawing and presenting our personal coat of arms.



Coats of arms at DIHR Conflict management course 2010

Coats of arms were worn by knights so that they could identify each other in battle. Symbols such as animals, flowers, tools, instruments and hearts decorated their flags and shields. Nowadays, kings and presidents, countries and universities, etc. use coats of arms on their flags, buildings and letterheads to represent their uniqueness.

### 2. DRAW A COAT OF ARMS:

Ask all participants, facilitators and assistants present to draw a personal coat of arms on a piece of card. Remind them that they are only allowed to use symbols and drawings – no text! They should write their name, and a motto if they like. You can add their photo too if you want – remember to have a camera and a colour printer available.

Participants have 10–15 min to draw their coat of arms.

Tell them to divide the card into four squares, expressing e.g.:

1. Personal life incl. family, hobbies, etc.
2. Educational and professional background
3. Present work and tasks
4. Expectations to the course

See the drawings and photos below as an example. The categories can be revised in accordance with what is relevant to your education programme.

Source: Adapted from 'Våbenskjold' in Christiansen, Mogens & Gert Rosenkvist (2005): Voksenundervisning – Formidling i praksis

When the time is up, one by one each person attaches their coat of arms to the wall and presents it for two minutes each. In order to get things moving, start with the facilitator. Make sure participants stick to the time limit and help shy participants to present if necessary.

### 3. REFLECTION & SUMMING UP:

Sum up by saying that the presentation shows a great variety in backgrounds, knowledge and experiences. This is a great resource for the course, and the participants should dig into that resource and share it with each other.

## EXAMPLES OF COATS OF ARMS



Coat of arms of Zambia (1964)



Coat of arms of Pope Benedict XVI (2005)



Cambridge University coat of arms (1573)



Royal coat of arms of Denmark (1819)