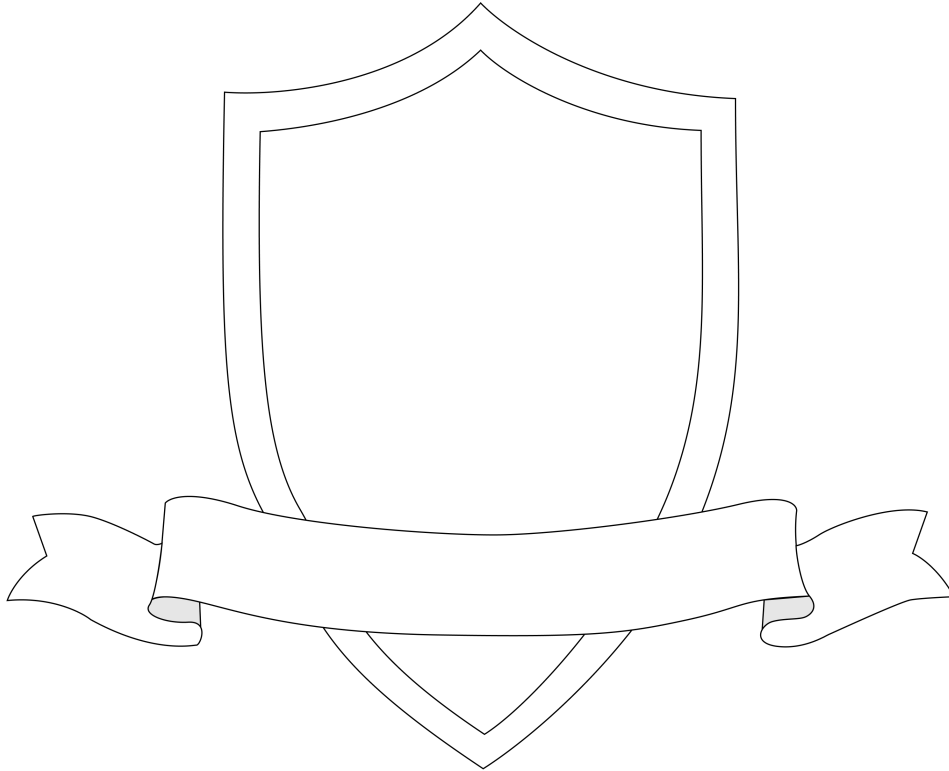


# Art Therapy Worksheet (Personal Coat of Arms)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Design your personal coat of arms by drawing symbols or images in the shield below. These should represent important aspects of who you are, such as your values, strengths, or aspirations. Then, write a meaningful word or slogan on the banner that reflects your identity or something you strive for.



## Guide questions

What does each symbol or image you drew represent about you or your journey?

How does the word or slogan on your banner reflect your values or goals?

Is there a part of your coat of arms that feels especially meaningful or powerful to you? Why?