

Unit Topic: Leadership**Activity Name: Lesson #3, Self- Confidence & Self Awareness Coat of Arms****Objective/Rationale:**

1. The students will be able to determine their level of self-confidence and self-awareness by completing an inventory on themselves.
2. The students will be able to illustrate their results from the inventory by creating the Self-Confidence and Self-Awareness Coat of Arms.
3. The students will be able to explain their results from the inventory by presenting their Coat of Arms to the class.

Time Frame: 50 minutes**Materials:**

- Self-Confidence Coat of Arms Worksheet, page 3, (Enlarge and mount on tag board or poster board)
- Markers, colored pencils and old magazines, newspapers and/or printed computer images
- Scissors and glue
- Self-Confidence and Self-Awareness Inventory, page 2

Directions/Procedure:

1. Self- confidence and Self-awareness are two very important character traits a person needs to be a strong leader. If you do not know yourself and do not believe in your abilities, then how can you lead others?
2. Have each student take the Self-Confidence and Self-Awareness Inventory to determine their self-confidence and self-awareness.
3. Print off the Self-Confidence and Self-Awareness Coat of Arms sheet for each student and have them organize their responses from the Inventory onto their Coat of Arms. They may use words, symbols, pictures and/or any combination to represent their responses on their Coat of Arms.
4. Cut out their Coat of Arms and mount it on a piece of tag or poster board.
5. Have the students present their Coat of Arms to the class and/or in small groups.

Resources & References:

- Personal Coat of Arms PDF:
<https://www.basd.net/cms/lib2/PA01001269/Centricity/Domain/363/Coat%20of%20Arms.pdf>
- Lesson Plan created by Suzanne Glazos

Assessment/Evaluation:

1. Class Discussion on Self-Confidence, Self-Awareness and Leadership
2. Completed Self-Confidence and Self-Awareness Inventories
3. Completed Coat of Arms Worksheets

Extended Lessons:

- Bridges Leadership Lessons 1 & 2

Self-Confidence & Self Awareness Coat of Arms

