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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:

• 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 and Self-Awareness Inventory

1. What successes have I created and experienced in my life?

2. What are some of my personal talents and skills? Strengths to pursue?

3. What are some positive risks I have taken in my life and if I had not taken them how would my life possibly be different?

4. What are some Important Actions I am seriously considering taking? What are the positive outcomes if I do take them and what is holding me back?



