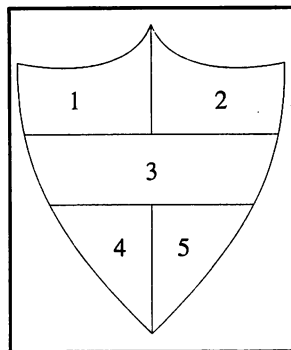


A COAT OF ARMS

OBJECTIVES

To give group members the opportunity to describe qualities about themselves and to learn more about other members.

To build mutual support and trust.



MATERIALS REQUIRED

Copies of Coat of Arms on page 79, or blank sheets of paper.

PROCEDURE

Reproduce the coat of arms or ask members to draw a similar sketch.

Give the following instructions:

In space 1, draw something that characterizes a recent Peak Performance.

In space 2, sketch out something about yourself that very few people know.

Draw in space 3 a symbol of how you like to spend your spare time.

In space 4, fill in something you are very good at.

In space 5, write or draw something that epitomizes your personal motto.

After each person finishes, form pairs (preferably of members who don't know each other well), and have them try to identify what each other's coat of arms signifies.

Ask for several participants to describe their coats of arms to the group.