

# RAINBOW DAYS

## ACTIVITY DESCRIPTIONS

### KC – Session 2

#### **CELEBRATION SHIELD**

**Ages:** C, D

**Materials:** Handout KC 2:8,  
markers, pencils, pens, or crayons

1. Prior to group, photocopy **Handout KC 2:8**. Participants may choose either the European style coat of arms or the “coat of arms” in the shape of an African war shield.
2. Explain that many cultures, both past and current have designed symbolic shields to remind them of the things they value, the things that make them unique, special, or one of a kind. These shields are also a reminder of what is important to them.
3. Have participants complete the major messages on the shield, reminding them of the session topic – A Celebration of Me!
4. Have the participants write a motto or special name for their shield in the ribbon space. For example “Karen Wood’s positive, one of a kind, Celebration Shield!”
5. Ask the participants to share their shield. **(You may wish to select just one or two areas for each participant to share.)**

#### **To Process:**

- What did you learn about yourself and each other by doing this activity?
- Why is it important that we recognize and appreciate our differences?
- What is something you learned about each other from doing this activity?

### YC – Session 2

#### **CELEBRATION SHIELD**

**Ages:** D

**Materials:** Handout YC 2:7,  
markers or crayons

1. Prior to group, photocopy **Handout YC 2:7**. Participants may choose either the European style coat of arms or the “coat of arms” in the shape of an African war shield.
2. Explain that many cultures, both past and current have designed symbolic shields to remind them of the things they value, the things that make them unique, special, or one of a kind. These shields are also a reminder of what is important to them.
3. Have participants complete the major messages on the shield, reminding them of the session topic – A Celebration of Me!

4. Have the participants write a motto or special name for their shield in the ribbon space. For example “Karen Wood’s positive, one of a kind, Celebration Shield!”
5. Ask the participants to share their shield. **(You may wish to select just one or two areas for each participant to share.)**

**To Process:**

- What did you learn about yourself and each other by doing this activity?
- Why is it important that we recognize and appreciate our differences?
- What is something you learned about each other from doing this activity?