



PERSONAL CRESTS: HEAD BADGES

Help youth explore their personal values while still talking Bikes! Bikes! Bikes!

LESSON
TIME
30 min

STUDENT
AGE
11-17

STUDENT
LEVEL
beg

STAFF
LEVEL
1

GOOD FOR
GROUP
yes

TOOL
KIT
none

LESSON

1. Give each person a large sheet of paper and markers, colored pencils, or crayons.
2. Ask participants to draw a large shield, or crest, that is divided into sections.
3. Within each of the sections, instruct participants to draw a symbol that expresses any one of the following:
 - A belief
 - A fear
 - A personal goal
 - A personal accomplishment
 - A role model
 - A favorite food
 - A talent
 - A hobby
4. Encourage youth to draw pictures, not words—even if they are art-phobic.
5. Once everyone has finished, have participants share what they have drawn, providing short explanations to the others. You can have volunteers share with the full group or share within pairs.

HEAD BADGE VARIATION:

Have students do this activity on Shrinky Dink plastic. Then shrink the crests down in the oven to make head badges. Attach badges to earned bikes with double-sided tape.

MATERIALS

Paper

Markers

Head Badge Variation:

Shrinky Dink plastic

Colored pencils/ markers

Access to an oven

Double-sided tape

RESOURCES

Personal Crests Template
(p. 214)



Personal Crests Template

