



## Create Your Own Family Crest and Anthem

Those we call family are essential to coping with any type of difficult situation. Why not celebrate those in your family and design your own family crest. Crests were European traditions to distinguish Knights with symbols worn on their shield helmet and armor that represented their families. What imagery might represent your family? A tree, a favorite food dish, or maybe a family pet? Using the crest on the previous page draw, collage, or paint your family crest together. Each person in your family can contribute to a section of the crest. While you are working on your crest, make your family anthem by filling in your remix of “We Are Family” by Sister Sledge, showing your family’s strengths and values! Your family may have resilience, positivity, optimism, compassion, love, understanding, faith, or joy... the creative possibilities are endless!

“We Are Family” by Sister Sledge REMIX by \_\_\_\_\_  
*{Family Name(s)}*

**We are family!**

We’ve got \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_!  
*{3 family strengths}*

**We are family!**

Get up everybody and \_\_\_\_\_!  
*{Action your family likes to do}*

Everyone can see we're \_\_\_\_\_!  
*{1 family strength}*

As we walk on by  
And we fly just like birds of a feather  
I won't tell no lie

All of the people around us they say

Can they be that \_\_\_\_\_?  
*{1 family strength}*

Just let me state for the record

We're giving \_\_\_\_\_ in a family dose  
*{Positive feeling}*

**We are family!**

We’ve got \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_!  
*{3 family strengths}*

**We are family!**

Get up everybody and \_\_\_\_\_!  
*{Action your family likes to do}*

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