

ACTIVITY: NAME STORY

PAUSE. REFLECT. SHARE.

A multi-part activity that encourages participants to introduce themselves to one another and think about their diverse sociocultural backgrounds.

STEP 1: CONSIDER THE STORY OF YOUR NAME

Take a moment to consider the following questions:

Who named you?

Does your name have a meaning?

How does your name reflect your culture, family, or identity?

Does your name hold special meaning for you?

In what language do you prefer your name?

When explaining the activity, a facilitator should model their response to the questions before providing the participants time to do so themselves.

STEP 2: SHARE WITH A PARTNER

Participants discuss their name stories in pairs.

STEP 3: SHARE OUT TO THE GROUP

Each participant takes thirty seconds to briefly describe the name story of their partner to the rest of the group.

STEP 4: REFLECT AS A GROUP

Think about and discuss the following questions:

How did it feel to listen to someone else's name story?

If you've done this before, did anything come up this time that was different from previous times?

What similarities, differences, or points of connection did you hear?



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