**What's in a Name?**

**Description**
This is an easy way for youth to share a little bit of information about themselves, and discover something they might not have known before about others.

**Advance preparation**
If possible, encourage youth to find out some information about their names, prior to coming to the meeting.

**Directions**
1. Form a large circle. Explain that there's a story behind each of our names and this activity will give us a chance to share some of that information.
2. Explain the following procedure and demonstrate it using your own name.
   - Say your full name (first, middle and last name).
   - Explain why you were given that name (for example, you may have been named after a family member, a famous movie star, etc.).
   - Share any information about your name’s ethnic origins.
3. Have youth take turns introducing themselves using the above procedure.

**Follow-up Discussion**
After everyone has had a turn, ask what they learned about the importance of names and why names are so important to us.

**Hint:**
This activity makes a great get-acquainted exercise.
Consider adapting the activity and using it to take roll call.
If you have time, it's fun to ask people what name they would choose for themselves if they had the chance and why.

**Sum it up.**
End by reminding youth that names are important because they have to do with who we are as people. Asking others to give us their names is often the first step we take towards getting to know them better.