



**Activity:** Ice Breaker – **Introductions** and Personalization/ Community Builder

**Materials:**

- Paper/ writing tools or charting materials (optional for note-taking)

**Directions:**

- At the start of a workshop, class or meeting, facilitator/ teacher reviews “What’s in a Name?” activity.
- Some consider our names to be the first gift we receive in our lives. Participants/ students will share information about their names – this can happen in a variety of ways:
  - *Making a poster;*
  - *Sharing in pairs (partners can introduce each other);*
  - *Sharing out in whole group (for smaller groups or when there is more time.)*
- Participants/ students will introduce themselves by answering any/ all of the following prompts:
  - *What is your Full name?*
  - *Where you were born? (for context)*
  - *What is the history of your name? What does your name mean? Why did you get your name?*
  - *What nicknames do you have (if any)? From where did they come?*
  - *What name do you prefer to be called?*
- Facilitator/ teacher should listen for opportunities to identify and surface issues of diversity and respect (i.e. culture, experiences, etc.).
- At the end of the established time, facilitator/ teacher leads a debrief of the activity:
  - *Why do you think we did this activity?*
  - *How was it for you to participate in this activity?*
  - *What might you change or add next time doing this activity?*
  - *What do you think this activity did for us as a group?*