

# Name & Action Move

A fun way for kinesthetic learners to learn people's names.

**TIME**  
10-20 minutes

**MATERIALS**  
None

**TEAM STAGE**  
Forming

## Learning & Development Outcomes

Learning people's names is one of the best ways to establish a good relationship. That is why it is such an important thing to incorporate in the beginning stages of being in a new group. This activity is a great way to learn names in a way that works for kinesthetic learners!

Outcomes are focused on developing *21st Century Skills* and the *National Association of Colleges and Employers (NACE) Career Competencies*, including, but not limited to:

- Acting responsibly with the interests of the larger community in mind.
- Communicating effectively in diverse environments (including multi-lingual).
- Maintaining a positive personal brand in alignment with organization and personal career values.
- Being present and prepared.

## Preparation & Logistics



### Set Up

- Have enough space for all participants to form a circle.

### Safety

- Participants should stand at an arms length apart to ensure no one gets hurt while performing the action move.
- Keep in mind that some participants may not be able to perform these action moves in the same way if they have an injury or other physical/mental disability.

### Additional Considerations

- Set aside additional time for a debrief.
- [Click here to watch it live!](#)

## Instructions

### Summary

It can be very challenging to learn names in a new group. This activity uses movement to help kinesthetic learners remember names more easily.

This activity is appropriate and fun for all age ranges! To make it more challenging for an older group of participants, have them introduce the person to their left before themselves or try the small group variation that is listed in the Adjustments For section.

### Step 1: Before the Activity

- Give each participant time to come up with an action that represents them or that they enjoy. For example: *Pretend to throw a football or make a heart with both hands.*

### Step 2: Begin the Activity

- Go around the circle and have each person introduce themselves by doing their action while saying their name.
- The whole group should say "Hi \_\_\_\_\_" and repeat that person's name and action to help them remember.
- Challenge the group to use the actions all day when talking to or calling on people.

### How to end the activity

- After the activity has concluded, ask if there is anyone who thinks they remember everyone's name and action. Have them go around the circle and see how many they actually remember.



What if I can't come up with a move?

"Sometimes the creativity just isn't there and that's okay! As the facilitator, come up with a few 'back-pocket' action moves you can give to any participant that needs help getting started."



As a general note, getting to know you activities are used for the purpose of developing connections within the group. Typically you do not have to debrief a getting to know you activity. However, when done intentionally, inserting a mini debrief can help set up a lesson or tie your entire experience together in a more seamless fashion.



## Debrief Questions



These questions are a starting point to guide your debrief. Pick the ones that best match your group's experience and add or change questions as needed!

### What

- What was challenging about this activity?
- What was helpful for you in overcoming the challenges of the activity?

### So What

- What is the benefit of remembering each other's names?
- How can referring to someone by their name help you build connections with them?

### Now What

- What else can you do to help yourself remember names?
- How will you remind yourself to use a person's name when you interact with them?

## Adjustments for...

### Large Group (25+)

- To facilitate this activity for a large group, split the participants up into several smaller groups so that they can learn those names really well. If you have more time, remix the participants into new small groups to learn more names. They should keep the same action move for the entire activity.

### Small Group (1-9)

- To facilitate this activity for a small group, have each participant introduce themselves as well as everyone who came before them. This will test their ability to remember the names of their peers. Or, have each person introduce themselves and just the one person who went before them.

For example: *"This is Jack \*action move\* and I am Kylie \*action move\*"*.

### Online

- To facilitate this activity virtually, post an order of names in the chat and have participants share their name and action in that order.



Each adjustment is its own unique idea for how to facilitate this activity for different groups and situations! Choose any or all that work!