



Name & Action Move

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

TIME

10 minutes



MATERIALS

None

TEAM STAGE

Forming

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.

SET UP

- Have all participants form a circle.

INSTRUCTIONS

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

VARIATIONS

- 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.

 **Large Group:** 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.

 **Small Group:** 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.

 **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. [\[click here for video\]](#)

- For similar activities, see [Name Olympics](#) and [Name Alliteration](#).

DEBRIEF QUESTIONS *(on next page)*



DEBRIEF QUESTIONS

- 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 remember everyone's name?
 - How will you remind yourself to use a person's name when you interact with them?
- **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group's experience and add or change questions as needed. 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.