

Children's Connection Curriculum

Session Topic: Social Skills/ Interactions (What's in a Name?)

Developmental Level: Elementary and Middle School

Purpose: To seek to identify important family dynamics and history.

Materials: A baby name book or a phone with internet capability

Description of Session:

1. Each group member shares the background behind why they were given his or her name.
2. If students do not know the meanings of their names, look them up and discuss with them. This exercise can be helpful in identifying important family dynamics such as religion, values, traditions, family histories, and cultural awareness.

Discussion Questions:

1. How can knowing the background of your name help you?
2. How important do you think it is to give a name that has real and personal meaning?

Reference: Vernon, A. (2004). *Counseling Children and Adolescents*. Denver, CO: Love Publishing Company