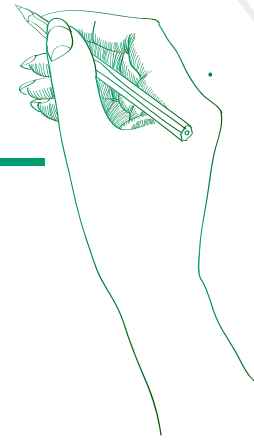


# 1

# Toku Ingoa – My Name



What's in a name? And what does your name mean to you? Whānau names, nicknames, wildly creative names – what does your name mean for your sense of identity? Social science research has found that the names we are given at birth carry substantial psychological weight. We learn to define ourselves by our names.

Giving a child any kind of name, whether it be popular, creative, regal, or based on whānau heritage, can have substantial influence on how that child forms their identity. This activity will give your whānau the opportunity to explore the importance of their name and what it means to them.

*This activity can be done in two parts at different times.*



## Part 1

1. Start by asking the whānau to write their name on an A4 piece of paper with the coloured markers. Give everyone the chance to decorate their name creatively if they want to – no pressure though. Once they have finished, they can take turns 'introducing' themselves to the rest of the whānau.
  - a. Some people might not know much about their name so it may be useful for others to help out if they know some of the stories behind whānau names.
  - b. Older children and adults can help the younger ones.
  - c. When you have finished, stick the names on a wall or fridge with bluetac or tape.

## Part 2

1. At some point in the future, gather the whānau together again and take the 'names' down from the wall and spread them around on the floor or table.
2. Invite the whānau to take a name, turn it over and write a note to that person telling them what they appreciate about them.
3. Pass the 'name' to the next person and repeat the process.
4. Each person reads the messages from their whānau.

### Annual event

This activity could be done each year as the smaller children grow and will help whānau members to nurture a strong and vibrant view of themselves.