What’s In a Name? (40 minutes)

Young people often have a hard time identifying their positive traits. This activity will help them think about who they are and how they want to be perceived by others.

1. Spread art supplies across the table or floor so all participants can have access to them. Then, give each person a sheet of white paper.
2. Have participants write their first name down the left side of the paper and explain that they are going to create an acrostic. Their name should be large enough to fill the entire side of the paper.
3. Now, each person should brainstorm words that describe them. These words should each start with a letter in the individual’s name. Here’s an example for the name Sally:
   - S = Strong
   - A = Artistic
   - L = Loyal
   - L = Learned
   - Y = Youthful
   If some has a very short first name, or if the activity needs to be extended, have participants create an acrostic for their middle and/or last names too.
4. Once everyone has thought of their words, they can write these on the sheet of paper. They should be as creative and artistic as they like with their acrostic.
5. Give them plenty of time to work on this activity. Allow talking and sharing of ideas.
6. When the acrostics are completed, have everyone share what they have created and explain why they chose the words that they did.

Reflect:

Was this activity easy or hard? Why?

Why is it important to be able to identify positive traits in yourself?

Why is it important to be able to identify positive traits in others?