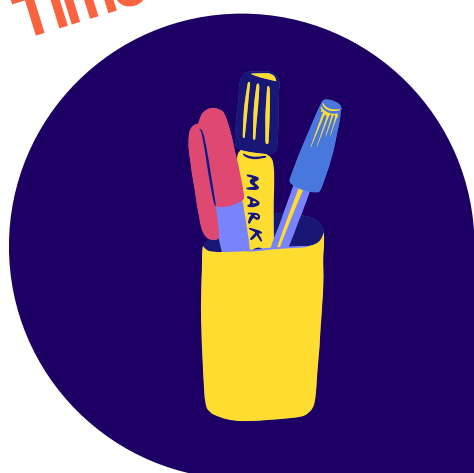


AFFIRM

Identity

Time



Write It

1

Taking the time to write a name, letter by letter, demonstrates matter-ing. We allow the other to know that we are attending to their name AND we are allowing our brains to attend to their name, We now will know the name in 3 ways, through hearing it, seeing it and creating it.

Rhythm



Clap It

2

Clapping a name allows our brains to chunk it. We are able to hear from the person, again, how they say their own name. We then use rhythm to more deeply know their name - sometimes, part by part.

Power



Confirm It

3

Learning a name is learning - we can expect to make mistakes. Say their name. Explain that it matters to you that you say it, correctly, in the way that they want it said. Give them the power to teach you. Take your time with this. This is important for short familiar names, as well as for long, unfamiliar names.

Curiosity

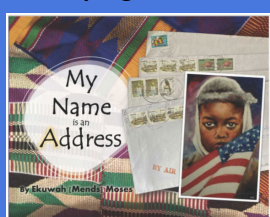


Investigate It

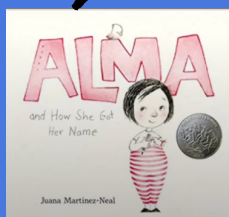
4

Notice or ask something about the name you are learning. Does someone else in your family share their name? Are there silent letters? Ask questions that are likely to be relevant across languages and cultures. Investigating their name again shows attention. Who know what you may learn? This will both help you remember their name, and you may learn something, too.

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