What’s In a Name?

As you learn more about the connection between your names and the names of your ancestors, you can feel the Spirit and gain a stronger connection with your family.

Modify this activity as needed and use your own ideas to make it work for your family or group.

BEFORE THE ACTIVITY

Take a few minutes to look up the meanings and origins of some family names. Is there significance in the meanings behind the names? Do any of your ancestors share given names with other members of the family?

AT THE ACTIVITY

As a family, discuss why names are important and what our names mean to us (Helaman 5:6). Share with everyone the discoveries you made about your family names. Invite everyone to research their given names and surnames, along with your ancestors’ names. The following resources may help you find valuable information:

* Parents or other family members
* FamilySearch.org
* Looking up the meaning and origin of your names

Invite everyone to share what they learned through their research.

AFTER THE ACTIVITY

Write down the information that’s shared and save it to FamilySearch Memories. To find more information about your ancestors and their culture, you can also reach out to a temple and family history consultant.

Ideas for facilitating this activity with your class, group, or quorum:

Invite participants to write their surnames on the board. Within FamilySearch.org, have them search their family trees for a few minutes to see how many of the names written on the board are in their family tree. Invite class members to share what they found with the group.