It is very common for Scrum teams to utilize a Kanban board as part of their Scrum workflow. In fact, the combination of Scrum and Kanban is known as "Scrumban" and is a popular agile project management approach.

Here's how you can integrate a Kanban board into a Scrum process:

1. Kanban Board in Scrum
   - The Scrum team can use a Kanban board to visualize the workflow and track the progress of work during each Sprint.
   - The board typically has columns for "To Do", "In Progress", and "Done", mirroring the Scrum workflow.
   - Work items (user stories, tasks, bugs, etc.) are represented as cards on the board and moved across the columns as they progress.
2. Limiting Work in Progress (WIP)
   - Scrum teams can apply WIP limits to each column on the Kanban board to prevent overloading the team and ensure a steady flow of work.
   - This helps identify bottlenecks and encourages the team to focus on completing work before starting new tasks.
3. Continuous Improvement
   - The Kanban board provides transparency into the workflow, allowing the Scrum team to identify areas for improvement during the Sprint Retrospective.
   - Teams can experiment with adjusting WIP limits, changing workflow steps, or other incremental process changes to optimize their Scrum process.
4. Complementary Practices
   - Scrum ceremonies like Daily Standup, Sprint Planning, and Sprint Review can be conducted alongside the Kanban board visualization.
   - The Product Backlog and Sprint Backlog still form the foundation of the Scrum process, with the Kanban board providing an additional layer of workflow management.

Using a Kanban board within a Scrum framework helps teams maintain the structure and ceremonies of Scrum while also gaining the benefits of Kanban's focus on workflow optimization and continuous improvement. This Scrumban approach can be a highly effective way to manage complex, fast-paced projects.

So in summary:

- Kanban emphasizes the visual management of work through a Kanban board and the use of Kanban cards to represent work items.
- Scrum draws its name from the rugby scrum, reflecting the team-based, iterative nature of the Scrum framework.

Both Kanban and Scrum are well-established agile methodologies that help teams effectively manage complex projects and respond to changing requirements. The origins of their names reflect the core principles and visual elements that are central to each framework.