

Handshakes*

Focus: Mixing, meeting new people

Sequence: Deinhbitizer

Materials: None

Suggested Procedure

1. Have everyone get a partner.
2. Teach them the **fish handshake**: Start out like a regular handshake, then move up to the forearms and gently slap your partner's forearm as they do the same.
3. Have everyone get a new partner and teach the **farmer handshake**: One person interlocks their fingers and turns his or her hands upside down, letting their thumbs dangle. The other person squeezes her or his partner's thumbs (thus simulating the milking of a cow or goat).
4. Then have everyone get a new partner, and teach them the **logger handshake**: One person makes a fist and sticks the thumb up. The other person grabs that thumb and does the same. The first person grabs the second thumb. Finally, the second person grabs the last thumb. Together they make a sawing motion while saying each other's name.
5. Have everyone get another partner and **make up their own handshake**. After all of this, have them find their handshake partners to do their handshakes one more time.

Sample Processing Questions

- Did it matter who your partner was? Why or why not?
- Why might it be important to be able to work with everyone in this group?
- Did you learn anything about any of your handshake partners?

Facilitation Notes

For a variation, have partners share something about themselves with each of their handshake partners. This is also a "handy" way to get partners later. Simply ask students to "find your fish handshake partner." It takes but a minute for them to find their partners, do their handshake and be ready.

* Thanks to Jim Cain for teaching me this activity
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