

HANDSHAKE GREETINGS ACTIVITY (From Jim Cain)

Beginning:

How we find partners:

Everyone Raise Hand

When find a partner, high five and put hands down

This way, can always see who needs a partner and don't need to embarrass those last few by asking to raise hands.

Everyone please pair up with someone who you don't know and introduce yourselves.

Introduction: I have some very interesting friends who come from different places. The thing that's most interesting about them is that they each have a unique handshake that people do where they come from. Since we're all meeting new people today, I want to teach you some of their handshakes as we greet each other.

1) My first friend, **Tom, is a lumberjack from Wyoming.** When Tom meets someone, this is how he greets them . . .

-firm stance

- Lock right hands with each thumb up (like thumb wrestling)

-hold the other persons thumb with your free hand

-Move arms back and forth like sawing down a tree and say each other's names as moving hands

***Look at partner and say to them . . . "I will never forget your face."**

FIND A NEW PARTNER WHO YOU DON'T KNOW AND INTRODUCE YOURSELVES. . .

2) My friend **Hans is from Sweden and he's a fisherman.** When Hans meets someone, he greets them like this . . .

-raise both arms over head and yell "YO"

-reach out to shake hands but miss

-flap hand back and forth against arm like a fish

***Look at partner and say to them . . . "I will never forget your face."**

FIND A NEW PARTNER WHO YOU DON'T KNOW AND INTRODUCE YOURSELVES. . .

3) I have another friend, **Amy, who lives in Ohio**. Amy's handshake is a very simple one . . .

- raise arms above head like an "O"
- shake hands and say "Hi"
- raise arms above head like an "O"

***Look at partner and say to them . . . "I will never forget your face."**

FIND A NEW PARTNER WHO YOU DON'T KNOW AND INTRODUCE YOURSELVES. . .

4) The last friend I want to tell you about is my friend **Regina who lives in New York City**. When Regina greets a friend, she almost always has a Starbucks coffee in her left hand, so her handshake goes something like this . . .

- hold your coffee in your left hand
- walk up to your partner and lean in to shake hands but miss and lose balance
- foot goes up in the air as falling over and shake feet

***Look at partner and say to them . . . "I will never forget your face."**

Ending: Now we're going to see how well you can keep your promise that you made to all of your new friends ("I will never forget your face"). When I count to 3, we're going to run through all 4 of my friends' handshakes in order with the same partner that you did them with originally. Go as quickly as you can from partner to partner doing each handshake and when you're done, sit down.

Debrief:

*Life Skills: Meeting new people/friends, step outside comfort zone, laugh at yourself.

1) Why do you think we did this activity?

(ice breaker, fun, relax, mixer, silly, goofy, meet new people etc.)

**Important that EVERYONE is able to be goofy & silly and not worry about people laughing at you. It's part of Camp. It comes naturally to some people but not as much to others. One of the challenges for some of us is to be able to step outside of our comfort zone and do some of these crazy, silly things that make Camp so fun and so memorable for our Campers. The end result will also be that it makes Camp fun and memorable for you too! Try it . . .

2) When do you think this activity would be useful at Camp?

**Meeting new people and learning how to make friends are some of the most important life skills that are practiced at Camp. Camp is very much about teaching life skills that our Campers will take with them after summer has ended. Life skills that will help them to live happy and fulfilling lives now and in the future. As staff members, you will be focusing on helping your Campers develop these skills, and activities like this one are some of the tools that you can use.