

HANDSHAKES

Team Building Expert:
Jim Cain (Find Something To Do: No Prop Activities)

Instructions:

The icebreaker creates a kinesthetic experience that helps participants remember their previous partners.

Using a variety of unusual handshakes, participants are introduced to various partners. For each new partner, they learn a new handshake. After FIVE handshakes, participants are “tested” by asking them to again find the same partner and perform the same handshake. Possibilities include:

- THE LUMBERJACK- partners grab both hands (as if they are holding opposite ends of a cross cut saw) and saw back and forth while saying their names.
- THE DAIRY FARMER- One partner interlocks fingers and inverts their hands (thumbs down), forming the udder of a cow, and the other partner “milks” the cow.
- THE OHIO- Partners says “O-HI-O” while performing the following three movements. Hands touching over head to form a large letter O. Shake hands (traditionally). Hands over head for another letter O.
- THE PITCHER- partners are both baseball pitchers facing each other (sort of a mirror image). They wind-up and throw an imaginary baseball and shake hands at the end of the throw.
- THE FISHERMAN- Partners reach to shake hands, but instead slap forearms of their partner multiple times (like a fish slapping the bottom of the boat).
- THE BOWLER- Partners face each other from a short distance, then step forward as if they are about to roll a bowling ball. At the end of their ‘throw’ they grasp hands and shake.

Waffles with Wells **HANDSHAKES!** **10.25.2023**

Another version with a video demo!

Team Building Experts:
Michelle Cummings (Training Wheels)
& Chris Calvert (Fundoing)

Instructions:

- Ask everyone to go back-to-back with someone in the group. (a group of three can work too).
- Demonstrate a handshake (or connection).
- When you say, "Ready, GO!" partners turn around and perform the handshake (connection) just demonstrated and then find someone new to stand back-to-back with (emphasize "someone new" - not someone they have shaken/connected with).
- Now, demonstrate a new handshake/connection.
- On "Ready GO!" partners turn around and perform this new handshake and then go off to perform the first shake with their first partner, then find someone new to stand back-to-back with.
- Demonstrate a new handshake/connection.
- On "Ready GO!" partners turn around, perform this new handshake, then go back to their second partner for their shake, then the first partner for their shake, then back-to-back with someone new.
- And, the process continues.....
- On the final back-to-back, you now have your group's attention so you can give them information for the next activity.

Video demo: <https://youtu.be/cfAqJNVzvqQ>

