

# Silly Handshakes

## Directions:

1. Everyone pairs up (groups of two).
2. They introduce themselves and start out with a silly handshake.
3. On a call from the leader they then split groups and find a new partner, introduce themselves and do a different handshake.
4. Once you have gone through 4-5 different handshakes the leader will then call out one of the handshakes and participants will run to find the correlating partner.



## Handshake examples:

Mork: hands are connected between the middle and the ring finger

Walleye: fingers are placed on the inside of the forearm, almost to the elbow, and hand is slapped against the forearm

Hoedown: dance a jig in front of each other

Chicago: head banger stance

Cool Guy: Grab hand with a wrapped grip around the thumbs and do the chest bump and back slap

Lumber Jack: right hand to right hand, and left hand to left hand thumb wrap grips so that the arms are in an X. Then they push and pull back and forth like they are cutting a tree.

## Debrief:

- What was your overall goal?
- What was an easy way to score points?
- Did I ever say there can only be one winner or even a winner at all?
- What made you think it was a competition?
- What happened when you tried to beat each other?
- What happened when you worked together?
- Why is a win-win outcome more effective and better for the group?
- Where can we have more win-win outcomes as a group or in real life?