

Hand Shake It Up

Objective:

To facilitate team bonding through a enjoyable activity that focuses on promoting positive team behaviors such as information sharing and mutual learning.

Materials:

No materials needed.

Instructions – Part 1:

1. Participants should be paired up.
2. Request each pair to create a handshake. The proper way to perform a handshake consists of three movements and may include a sound-effect or phrase.
3. Allow them a few minutes to develop and practice their handshake.

Instructions – Part 2:

1. Each pair should join another pair.
2. Have them interlock their hands in the shape of a six-part handshake and add two sound effects or phrases.
3. Allow the new foursomes to practice.
4. Each foursome will demonstrate their elaborate handshakes to the rest of the team.

Instructions – Part 3:

1. All foursomes should come into a group.
2. The team can create a unified handshake by combining their handshakes and using sound-effects or phrases.

Questions to Ask:

- How did you acquire knowledge of the various handshakes without feeling overwhelmed?
- What aspect of the process was simple? Is it challenging?
- What actions did you take to contribute to the team's process and results at each stage?
- How does this relate to sharing information and learning from each other at work?