



**THE ULTIMATE**



**HANDSHAKE**

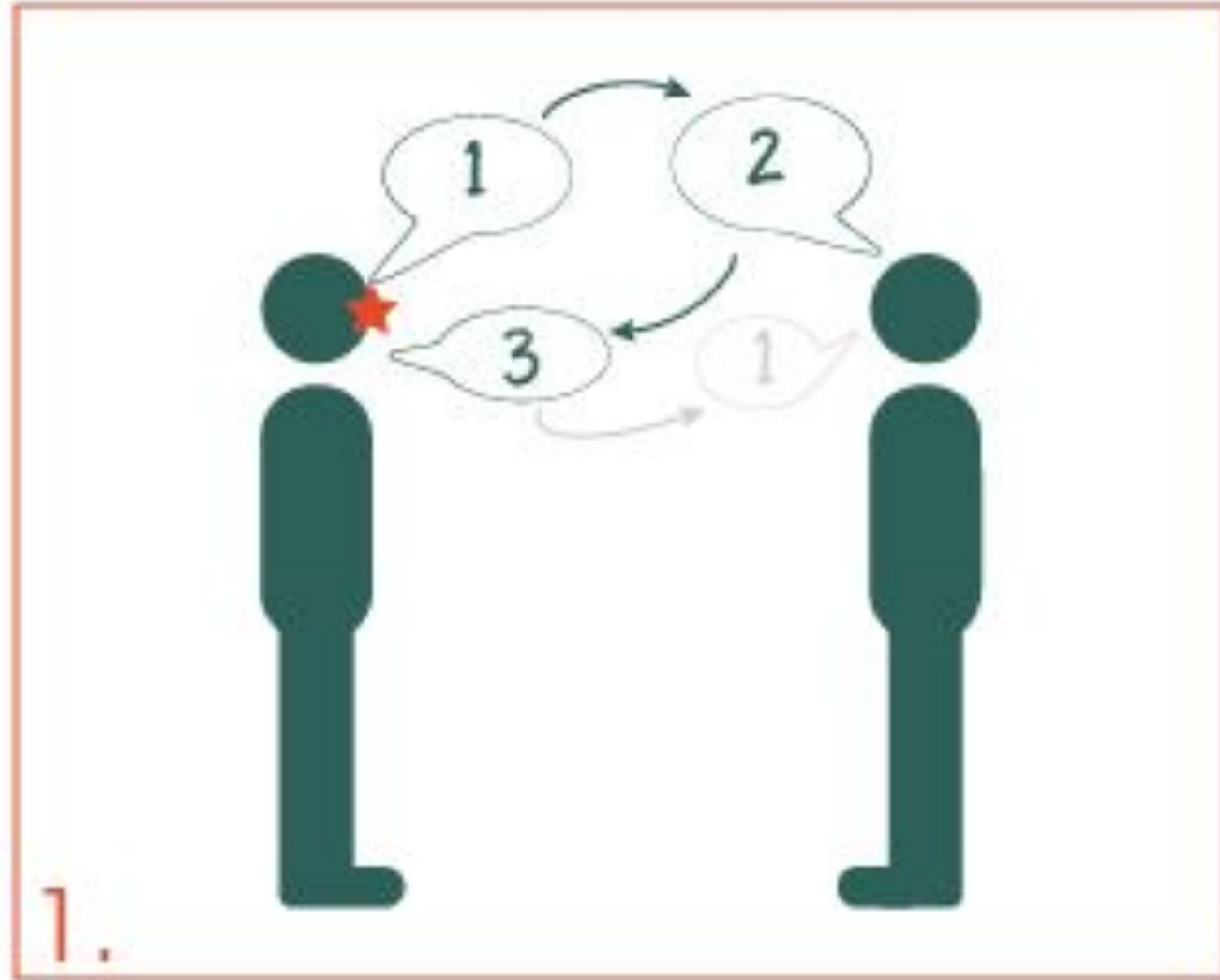
**CHALLENGE**

# HANDSHAKES

## Directions

- This is one of my students favorite activities. Thanks to Mr. Chip Candy for sharing with wonderful cooperative activity.
- Great activity to start off the year with your students.
- Have students get into pairs.
- Introduce the 1<sup>st</sup> handshake(I typically start with a typical old school handshake).
- Have students pair up with a new partner.
- Introduce the 2<sup>nd</sup> handshake and have student complete.
- Immediately have students return to 1<sup>st</sup> partner and shake hands with the original handshake.
- Have students get with a 3<sup>rd</sup> partner. Add another handshake.
- After adding a handshake, always have students backtrack through each handshake.
- Add another handshake. Coming up with creative stories for each of the handshakes adds to the process.
- Continue to add as many handshakes as you like.
- As you get towards the end, have students create their own handshake.
- It gets a bit chaotic towards the end has you have student return to previous partners.
- For extra challenge, tell the students your are going to have a final handshake test. Randomly call out handshakes and see how fast they can find and shakes hands with that partner.

1-2-3 clap, stomp, shimmy



HANDOUT



Disney

**shake  
IT UP**

**MAKE  
YOUR MARK**

**ULTIMATE DANCE OFF**





Courtesy from Kim Morton:  
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