



Invent a kind handshake with a family member.

Art by Shalena, age 9, California, USA



Get Inspired

Quote

"Most things can be resolved with a kind word, a simple smile and a solid handshake."

Mister Maximus

Fact

A firm handshake helps makes a good first impression for both males and females.



Shake It Up

Let's exercise our hands with a fist stretch and thumb touch.

"I am resilient!"



Talk It Out

1. Why do people shake hands?
2. How do you feel when you shake hands with people?
3. What are some fun actions or motions we can add to a handshake?



Do It!

1. After school, make up your own fun handshake with a family member. (Be sure to wash or sanitize your hands after completing your handshake!)
2. Teach your new handshake to everyone in your home.
3. Have fun!

Invent a kind handshake with a family member.

SEL Competencies

Relationship Skills

Communication
Social Engagement
Relationship Building
Teamwork

Timeframe

15 min

Materials Required

None



Get Inspired

Quote

Invite a student to read the quote.

Fact

A firm handshake helps makes a good first impression for both males and females.

Source: American Psychological Association



Shake It Up

Get your students moving. Invite them to do the following activity:

Please stand up and let's do some [hand exercises](#)!

1. **Fist Stretch:** Make a gentle fist. Hold for 10 seconds. Release and spread your fingers wide. Repeat with both hands four times.
2. **Thumb Touch:** Hold your hand out in front of you, with your wrist straight. Gently touch your thumb to each of your four fingertips, one at a time, making the shape of an "O."

Hold each stretch for 5 seconds. Repeat at least four times on each hand. When finished have your students say, "I am resilient!"



Talk It Out

Encourage your students to reflect on the provided questions.

1. Why do people shake hands?
2. How do you feel when you shake hands with people?
3. What are some fun actions or motions we can add to a handshake?



Do It! (individually)

1. Invite your students to make up their own fun handshake with a family member after school.
2. Remind them to stay safe by washing or sanitizing their hands after completing their handshake!
3. Encourage them to teach their new handshake to everyone in their home.