

# Create-A-Shake

**Object of the Game:** To build relationships by creating a handshake with a partner. Since this unit occurs at the beginning of the year, this project is designed to help break the ice and have students show respect by creating a handshake with a partner.

**Respect Sub-Concept(s)**

Kindness

**Project Timeframe**

25-30 minutes

**Required Materials**☐ No materials are required

## Project Instructions

Show students this video on variations of fun handshakes to get their minds focused on the activity.

<https://www.youtube.com/watch?v=VctaUNJpT6U>

After watching it, ask for a volunteer and review some of the more common components to handshakes:

- Clapping (lots of variations here!)
- Snapping
- Grabs or Twists (be kind when choosing this one)
- Using only one hand
- Stomping/Spinning
- Using your hips and/or shoulders

**Step 2:**

Divide students into pairs. It will work best if the pairs are teacher-designed and not student chosen.

**Step 3:**

Allow each pair 15-20 minutes to design their handshake. Remind students to introduce themselves first before they start. This shows respect to your partner! Encourage kids to be creative. Handshake steps could include a normal handshake, high five, fist pump, spin, dance move, etc.

**Step 4:** Present your handshake to the class!

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The Collaborative for Academic, Social, and Emotional Learning (CASEL) has been reviewing evidence-based SEL programs since 2003. Kindness in the Classroom® meets CASEL's SElect Program and is included in the [CASEL Guide to Effective Social and Emotional Learning Programs](#).

Kindness in the Classroom® met or exceeded all of CASEL's criteria for high-quality SEL programming. Kindness in the Classroom® received CASEL's highest designation for high-quality SEL programming.

<https://casel.org/guide/kindness-in-the-classroom/>

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