

## SHAKE IT UP

# Make connections whenever you need to

Materials: Worksheets, timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

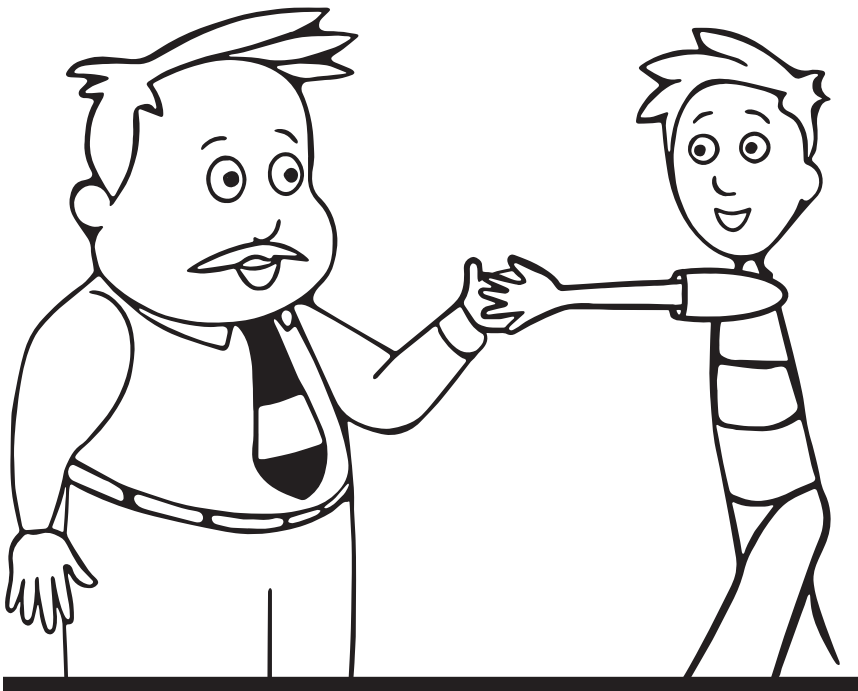
A handshake has been used as a gesture of peace for centuries. Handshakes are appropriate when meeting, greeting, expressing gratitude, and building connections and trust.

Handshakes often are used in sporting events as a sign of good sportsmanship and after winning something. Who hasn't heard of a "high five"?

Deployment and separation can be hard on the entire family.  
So, let's create a special handshake to stay connected!

Since a handshake is a connection between two people, we'll create a special handshake. We can share it with our loved one who is going on deployment, and with our family and friends who'll be waiting for their return.

This handshake will be our link when we're in need of connecting. We'll use our handshake to remind our family we are a strong unit, here to support one another.



## STEP ONE

Find a partner. With your partner, create a special handshake and practice it. You'll have 5 minutes.

(Set the timer for 5 minutes.)

## STEP TWO

We'll go around the room and each pair will demonstrate their handshake. When you get home, share your special handshake with your family!

