
The Strongman & The Gentleman Have a Punch Out

— A Secret Handshake How-To —

The Benefits of Secret Handshakes

Build relationships & communication

Memory, Gross Motor & Cooperative Skills

Creativity

Sequencing/Patterns

Positive touch

Get some moves

Use more than your hands!

Elbows

Wrists

Shoulders

Knees? Heads?

“Basic” moves - shake, bump, high five, The Gentleman

Or kick it up a notch!

“The Chill”

“The Style Grab”/“This Guy” (finger guns)

“Give and Take” moves, etc.

Let's Watch!

11 Moves to Take Your Handshake to Another Level

https://www.buzzfeed.com/nikebaseball/11-moves-to-take-your-handshake-to-another-level#2612225?utm_source=dynamic&utm_campaign=bfsharepinterest

Bieber & Fallon

<https://www.youtube.com/watch?v=C1uBnt2V0V0>

Koo Koo Kanga Roo

<https://www.youtube.com/watch?v=BKNLYx7QbM4>

Spider-Man & Ned!

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

Your Turn!

Brainstorm and Practice a Secret Handshake with the awesome teen librarians at your table