

Glad to Meet You

Get Acquainted Activity



Objectives:

Learn fun ways to cheer for others.

Age:

8 years and older.

Length:

Approximately 10 minutes.

Supplies and Materials:

None.

Special Considerations:

Wheelchair-Bound Participants: Rename the “Standing O” to the “Big O” and skip the explanation of a standing ovation.

Activity Directions:

1. Teach a variety of hand shakes using the following script:

Each time I say the words, “Glad to Meet You!” seek out a new partner and introduce yourself. I will then give you directions on how to shake hands.

“Glad to Meet You!” – Do the **Dainty Hand Shake** by wrapping little fingers together and shaking.

“Glad to Meet You!” – Do the **Milk the Cow Hand Shake** by having one person hold their pointer finger and pinky down while other person milks the cow. Reverse roles.

“Glad to Meet You!” – Do the **Whole Body Hand Shake** by shaking hands, touching shoulders, and then touching hips.

“Glad to Meet You!” – Do the **Model T Hand Shake** by pretending to turn the hand-crank on an old Model T car. (*A demonstration may be required.*)

“Glad to Meet You!” – Do the **High Five Hand Shake** by spinning around and doing a high five, then hook pinkies and make a thumbs-up gesture.

“Glad to Meet You!” – Make up your own handshake.

2. Teach several cheers using the following script:

Let's practice a few ways to tell each other "Yeah, Good job!"

The Standing O is short for a standing ovation. A standing ovation is when a whole crowd of people stand and clap. Our version begins by standing or sitting in a chair. Bend over at the waist. Touch your fingertips and make a large O with your arms. Begin quietly saying a continuous "O . . .," gradually becoming louder as you bring your arms over your head with a loud ending.

A Round of Applause is the expression used when a crowd claps. Our version is to clap your hands while moving your arms around in a circle.

The Hoo-ray is a cheer you start with your right hand behind your right hip and your left hand above you head. Quietly begin a continuous "Hoo . . ." as you shake your right hand. Get louder and louder as you shake your hand harder and harder. End with a big "Ray" as your right hand swings up to clap your left hand.

Throughout the rest of this program, we will use these cheers to support and encourage each other.

3. Once you have taught the cheer activity, incorporate these cheers throughout the rest of the program. (They are not listed in other activities.) Allow participants to request a cheer or select one yourself.



Source: Holmes, Betty. "Recess Time!"
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