

# Two-Second Handshake

Activities to Facilitate Connections

ICEBREAKERS AND TEAM BUILDERS TO BUILD COMMUNITY

## OBJECTIVES

- To reinforce names of group members
- To get to know group members better
- To practice listening

## MATERIALS

- None

## SETUP

- None

## INSTRUCTIONS

1. Explain that this activity will **help us learn a little** about the other participants in the room.
2. Ask participants to **stand up and walk around** the room in **random** directions.
3. **Every ten to fifteen seconds, call out, "Switch directions!"** Do this until the group is warmed up.
4. When roughly a minute has passed, explain that **the group will now play Two-Second Handshake**. Explain that **the goal is for them to shake as many hands as possible** while introducing themselves and **sharing something** about themselves to the other person.
5. Explain that you will call out **random categories** such as "Nickname," "School rival," "Favorite movie," etc.
6. Have the participants **start** walking around the room again and **call out the first category**.
7. Once participants have made contact with **five to ten other people**, **call out a new category**.

CONTINUED



## Two-Second Handshake continued

8. The trick is for them to **pay attention**. When you call, "**Time**," the group should **circle up**, and you will **ask them to share random answers** they learned during their two-second handshakes. *For example, say, "Cornelia, Natalia, John, can any of you tell me what Victoria's favorite book of all time is?"*

## SUGGESTED CATEGORIES

- Nickname
- School rival
- Favorite movie
- Favorite book
- A song that makes you want to dance
- A song that puts you to sleep
- Favorite dessert
- Dream job or career
- Favorite animal
- Best gift you've ever received

## DEBRIEF

- **Why is it important to get to know the members of this group?**
- **What made it easier to listen to and learn about some members?**
- **What made it difficult to learn about others?**
- **What new facts about someone will you take with you when you leave today?**