



Secret Handshake

Create a secret handshake with a partner

TIME

5-10 minutes



MATERIALS

None

TEAM STAGE

Forming, Norming, Performing

SUMMARY

Create a secret handshake to perform with a partner.

SET UP


- Decide how partners will be determined. Pre-select pairs (or trios if there is an odd number of participants), let participants find their own partners, or pair this activity with an activity like [Dyads](#) or [Accountabilibuddies](#), where the pairs are used for more than just creating a handshake.


INSTRUCTIONS


- Have all participants get with their partner(s).
- Tell all pairs to come up with their own original secret handshake that meets the following criteria:
 - It includes at least three movements.
 - It includes at least one sound.
 - All partners are equally involved.
- Come back together as a group and have all pairs demonstrate their secret handshake for the group.


VARIATIONS

- Use this activity to quickly recapture a group's attention during loud or hectic activities. Tell the participants that any time they hear the facilitator yell, "Secret handshake!", they have to find their partner, do their secret handshake, and then give their full attention and remain quiet.

 **Large Group:** To facilitate this activity for a large group, instead of having each pair demonstrate their secret handshake, have everybody do their secret handshake at the same time and then ask for a few volunteers to share theirs for the group.

 **Small Group:** To facilitate this activity for a small group, have each participant make up a different secret handshake with every other member of the group.

 **Online:** To facilitate this activity virtually, use breakout rooms so that participants can talk and come up with their virtual secret handshake. Not being able to physically interact with each other will prompt some fun creativity from participants! Make sure that everyone has video capabilities. If there are participants who do not, modify the instructions to accommodate as needed. [\[click here for video\]](#)

 **Asynchronous:** To facilitate this activity asynchronously, assign partners and let each pair find their own time to meet and create their virtual secret handshake. Then, have each pair record their secret handshake and upload the video to a shared folder where other group members can watch it.



DEBRIEF QUESTIONS

- What
 - How did you and your partner come up with your secret handshake?
 - What did you like or appreciate about other people's handshakes?
 - So What
 - What is the purpose of a secret handshake? What does it do for a partnership or group?
 - What other norms or traditions help to connect you as a group?
 - Now What
 - In what ways can you continue to get to know your secret handshake partner?
 - How can you continue to use these handshakes as a group in fun ways?
- **Facilitator Note:** These questions can be used to guide a debrief, however, pick the questions that best match the group's experience and add or change questions as needed.