

Moving & Shaking

PLAY

This is a memory and icebreaker game aimed at fostering creativity, building relationships, and getting to know each other in a fun and interactive way. Participants create and remember multiple handshakes with different partners.



Learning Intentions

Enhance Memory and Creativity:

Students will develop their memory skills by remembering multiple handshake sequences while also using creativity to design unique and fun handshakes with different partners.

Build Positive Relationships:

Students will foster connections with their peers by engaging in a light-hearted, interactive activity that encourages collaboration and communication.

Promote Teamwork and Engagement:

Students will practice teamwork as they collaborate with multiple partners to create and recall increasingly complex handshake sequences.



Success Criteria

Creation of Unique Handshakes:

Students successfully create and participate in unique handshake sequences with different partners, demonstrating creativity and enthusiasm.

Accurate Recall of Handshakes:

Students remember and correctly perform the handshakes with each of their partners when prompted, showcasing their memory and focus.

Active Participation and Positive Interaction:

Students actively engage with their peers throughout the game, showing positive interaction, teamwork, and encouraging others during the activity.



Moving & Shaking

PLAY

Objective:

This is a memory and icebreaker game aimed at fostering creativity, building relationships, and getting to know each other in a fun and interactive way. Participants create and remember multiple handshakes with different partners.

Players:

Suitable for any group size, as participants will be pairing up multiple times.

Materials:

No materials are needed, just enough space for participants to move around and interact.

Setup:

Inform participants they will be creating and remembering various handshakes with different partners.

Gameplay:

- **Partner One:** Participants find their first partner and create a unique two-step handshake. Encourage creativity (e.g., fist bump to explode hand, high five, and reverse high five).
- **Partner Two:** Find a new partner and share the first handshake. Then, combine the first handshake with the new partner's handshake to create a sequence.
- **Recall Practice:** Call out "partner one" or "partner two," and participants find the corresponding partner to perform the respective handshake.
- **Partner Three:** Participants pair with a third person, teaching each other their combined handshakes and then creating a four-step handshake together.
- **Dynamic Recall:** As the instructor, randomly call out "partner one," "two," or "three." Participants find that partner and perform the handshake created with them.
- **Demonstration:** Optionally, invite pairs to demonstrate their final four-step handshake to the group.





Moving & Shaking

PLAY

Option for Partner Four:

For an added challenge, participants can create a “partner four,” combining all previous handshakes into an eight-step handshake.

Winning the Game:

The focus is not on winning but on building connections, creativity, and having fun.

Variations for Different Settings:

- **Children’s Edition:** Simplify the handshakes and add playful elements.
- **Staff Edition:** Focus on team-building and collaboration, using the handshakes to break down barriers.
- **Large Group Edition:** Adapt the game for bigger groups, ensuring everyone has the opportunity to interact with various partners.

Additional Notes:

- “Moving & Shaking” is an excellent way to energise a group and encourage interaction in a light-hearted manner.
- It challenges participants’ memory and creativity, making it both a fun and mentally stimulating activity.
- The game is adaptable to the group’s energy level and can be a fantastic way to break the ice or re-energise a session.

