

MOVING &

Shaking



Moving & Shaking

Instructions

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.

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- 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.

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:



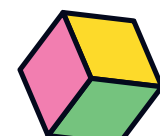
The focus is not on winning but on building connections, creativity, and having fun.



Variations for Different Settings:

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- Children's Edition: Simplify the handshakes and add playful elements.
 - Corporate 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:

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- "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.
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