

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.

- 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:

- 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:

- "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.

