



Introduction:

As per Stanchfield (2021):

“Handshake Mingle blended with reflection and rapport building questions has [been a] main staple of my community building and academic/training engagement repertoire for many years. It is a favorite because there is choice involved, and no one person is in the spotlight. It also works as an active processing/reflection/review activity to start group dialogue on a specific experience or academic/training topic. This tried-and-true method is social and incrementally sequenced and useful for building rapport, making introductions, creating connections, reviewing names, and becoming more comfortable with each other. This activity can be used a number of times throughout a group’s experience to reflect and review and create context around a subject.”

Participant Instructions:

1. Your instructor will lead you through an activity.
2. Debrief in small groups, discussing the following questions:
 - What non-touch greetings do you regularly use, and which ones were new for you?
 - What did it feel like to do the alternative handshake gestures from around the world? Did some feel more familiar to you than others? Why?
 - Can you see yourself adapting any of these non-touch gestures in your daily life? Which ones? Why?
3. Discuss the following questions as a large group:
 - What is/are your favorite non-touch greeting(s)? In what context(s) would you use it/them? In what context(s) would you not use it/them? Explain.
 - Will you continue using non-touch gestures after the pandemic and/or after this activity? Which one(s) will you retain? Explain.