

**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."

**Facilitator Notes:**

As per Stanchfield (2021):

"Facilitators use a variety of greetings in this activity—some of them can get pretty silly. I tend to start simply, using familiar or simple no-touch greetings (especially now). I purposely facilitate a "slow" connection focused version of this activity, having people revisit previous partners, so they build connections with at least four or five people in the room (a very different activity than the "quickly visit everyone" version). During the COVID era I tend to facilitate this activity with smaller groups outside if possible, or inside following masking and physical distancing protocols which I have found still allow the group to engage playfully and meaningfully. The "Air High Five", "Air Low Five", "Hand over Heart", "Bow", "Namaste", "Air Fist Bump" and "Make it Up as You Go Along" touchless greetings are my new favorites."

**Objectives:**

As a result of this activity, participants will be able to:

1. Identify and enact greetings from around the world.
2. Demonstrate rapport-building strategies and engage in meaningful interactions with others.

**Time:**

30 minutes.

**Group Size:**

Small Group.

**Materials:**

As per Stanchfield (2021):

"None needed, but entry-task objects/images and quotes can be woven into this activity. I also like to create the first partnering using an object-based connection such as dominoes, playing cards, match game cards (see post). I always make this deeper introductory activity or a kinesthetic reflection or review by mix get-to-know-you or reflective questions into the exercise, so having these reflection or review prompts prepared in advance can be helpful."

## **Intercultural Development Continuum Stages:**

- Denial
- Polarization
- Minimization
- Acceptance

## **AAC&U Intercultural Knowledge and Competence Goals:**

### Knowledge of Cultural Worldview Frameworks

- To demonstrate sophisticated understanding of the complexity of elements important to members of another culture in relation to its history, values, politics, communication styles, economy, or beliefs & practices.

### Verbal and Nonverbal Communication

- To articulate a complex understanding of cultural differences in verbal and nonverbal communication (e.g., demonstrates understanding of the degree to which people use physical contact while communicating in different cultures or use direct/indirect and explicit/implicit meanings).
- To skillfully negotiate a shared understanding based on these differences.

## **Other Skills:**

Friendship.

## **Activity Instructions:**

1. Link to activity instructions:
  - <https://blog.experientialtools.com/2021/09/02/air-handshake-mingle-and-distanced-concentric-circles-active-engagement-and-social-connection-at-a-physical-distance/>
2. Divide participants into groups of 2-4 and ask them to discuss 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. Bring the entire group back together and debrief the activity by asking following questions:

- 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.