



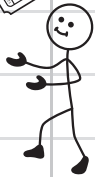
SHAKE HANDS

STAND TALL AND
CONFIDENT. TAKE A STEP
FORWARD AND REACH OUT
YOUR HAND. GIVE A FIRM
SHAKE!

Step up and shake hands when you are saying hello to an adult, especially in a formal setting. Stand tall and straight. Hold your head up and pull your shoulders in. Take a confident step forward, reach out your right hand and say the person's name: "Hi, Mrs. Jones." Clasp the person's hand firmly and give it a small, quick shake. Do not use what we call a "jello" or "spaghetti" handshake. Your handshake should be firm and not squirmy and light. Use your full hand; don't just use your fingers. And don't over-shake. One or two shakes is plenty.

Use Names

Always greet people by their name. What is the difference between "Hi" and "Hi, Mr. Smith"? By using a name, it shows that you care who they are, which makes people feel good.



GAME CHALLENGE: The Perfect Handshake. Shake someone's hand today. Stand up tall, speak clearly and use their name. Don't forget eye contact. Give it a quick firm shake.

Please return with signatures. Good luck!

Player

Coach