



Teen Leadership 20

Intended Audience:

- Teens

Lesson Objectives:

Participants will:

- Understand the importance of learning a proper handshake.
- Learn to give a proper handshake.

Time: 20 minutes

Equipment and supplies:

- None

Do Ahead:

- Review lesson

Prepared By:

Mary Beth Albright, Extension Educator
4-H Youth Development
OSU Extension, Erie County
Phone: 419.627.7631
Email: albright.75@osu.edu

Angela Holmes, Extension Educator
4-H Youth Development
OSU Extension, Erie County
Phone: 419.627.7631
Email: holmes.468@osu.edu

Reviewed by:

Ohio 4-H Teen Leadership Design Team Members

Giving a Proper Handshake

BACKGROUND

Giving proper handshake is an important life skill. Many believe the way you shake hands speaks volumes about who you are as a person. When you shake hands with a person, you are doing much more than saying 'hello'. You are saying 'this is who I am'. We all know that first impressions last, and it is often your handshake that makes the first impression.

WHAT TO DO

Activity:

- Ask participants to introduce themselves to 3 other individuals (number can vary depending on number of people in your group).
- Instruct participants that during this introduction they should tell the other person a little about themselves. The introduction should also include a handshake. This will require them to stand and move about the room.

TALK IT OVER

Reflect:

- After participants have completed their 3 introductions, bring the group back together for discussion.
 - Ask the participants why a proper handshake is important.
 - Ask participants to discuss 'characteristics' of a proper handshake. Share tips on giving a proper handshake.
- Review Proper Handshake Tips:
 - Look the person in the eyes
 - Use a firm grip
 - Don't be too hasty
 - Offer hand fingers straight and thumbs high. Don't grip till 'web to web'.
 - Don't shake too much
 - Use speech in conjunction with the handshake

Apply:

- Ask participants to introduce themselves to 3 different individuals in the group using what they just learned.
- After participants have completed their 3 introductions, bring the group back together. Briefly discuss how the last 3 introductions/handshakes were different than the first 3.

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.



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