**HANDSHAKES! HPAI 23**

**(This is activity was created by the Legend, Chip Candy)**

Herein lies one collection of handshakes with a brief description for each. All who read this handout are encouraged to add their own and share it with the community at large. Feel free to make up your own, borrow ideas from students, or steal from others (and give them credit of course). The locations/origins of each one are “quasi true” at best. These

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| 1. **Contract**
 | traditional handshake |
| 1. **Hi Five(baseball)**
 | the updated Gimme Five with hands slapped above head. |
| 1. **Fist Pump(basketball)**
 | touch both knuckles |
| 1. **Pinky Promise (Buttonwood Lane, Cinnaminson, NJ)**
 | Hook right pinky’s together and pinky promise that you will never forget this partner’s name, and one unusual “secret” fact about them. |
| 1. **Train (Baltimore, MD & Ohio)**
 | Reach across and grab the partners forearm, then slowly start the train motion getting faster as you go. |
| 1. **Lawn Mower (Kentucky…blue grass)**
 | Grab your partner’s left hand and use your right hand to reach down and pull start your lawnmower. Three pulls usually does it, then off you go with your push mower (and sound of course). |
| 1. **Saw the Tree (Redwoods)**
 | Alternate grabbing thumbs to form pretend two-man saw. Saw back and forth 3 times. Release thumbs, raise hands in the air and yell TIMBER! |
| 1. **Bell Ringer (Philadelphia)**
 | One partner puts out a high (over the head) thumb up. The other partner grabs that thumb and gently rings the bell (with the accompanying bell sound). |
| 1. **Firecracker (4th of July/USA)**
 | Partners face each other and slowly lower into a crouch while hissing like a giant firework. When you can almost hiss no more, explode into the air with a loud boom, while throwing your hands and feet out. **BOOM!** |
| 1. **Happy Salmon(Pike’s Place)**
 | interlock forearms. Flap fingers against partner’s forearms like a fish tail. |
| 1. **Fisherman (RI)**
 | One partner takes their fishing pole and casts out the line/hook, catching the other partner. The fisherman reels that fish/partner in, then lands them with a forearm/high 5 “fish” slap. |
| 1. **Fireman’s Ladder (NYCFD)**
 | Start with a low five with the right hand and leave the palms together, then do a left-hand slap above the right hands and leave them there while you switch to the right-hand slap above the lefts. Continue this pattern up until you can’t reach any higher. |
| 1. **Witches Brew (Salem, Mass)**
 | Using the same stacked hands from above, stir the cauldron together and cackle like witches. |
| 1. **Turkey (NJ)**
 | One partner puts up a high 5 (the feathers) while the other places their fist against that palm with thumb extended away from the partner’s palm (the body/head of the turkey). Make gobbling sounds and there you have it! |
| 1. **Beaver (Maine)**
 | Partner, one puts their palms together, and rotates the hands so that the backs of the hands are facing the ceiling and floor. Partner two places their hands above and below those hands (without touching), leaving enough room for the beaver tail to slap back and forth. |
| 1. **3 H or Triple H**
 | Either **H**igh 5, or **H**ug, or **H**andshake…your choice (or do all 3, called the Triple H). |
| 1. **3 Part/5 Part/10 Part Handshake**
 | Partners are on their own to come up with a handshake that has at least 5 components, but may have up to ten parts, that must be practiced and memorized. The more creative the better! |
| **Extras** |
| **Squid/Octopus (CA)** | Partners bring the tips of their fingers thumbs together (one hand), then quickly pull them away while wiggling the tentacles, and swimming the hands away from each other. |
| **We Will Rock You (Queen)** | Slap both of your own thighs twice, then partner two hands once. Repeat this pattern twice more…everybody singing We Will, We Will, Rock You. |
| **Popcorn (Iowa)** | Partners face each other with hands over their heads and fingers wiggling. A slow squat is performed, then a jumping high ten in the air to the partner while yelling POP simultaneously. |
| **Secret Sign (from my Father-in-law, and Brother-in-law, while hunting in Canada)** | One partner makes up a secret sign, and the other partner responds with their own secret sign (they should not be the same). There is no need to go to the partner when “secret sign” is called…just look for them and show your crazy/outrageous sign. Sound is encouraged along with the visual. |