

Get-To-Know-You Program 12 people (10 mins)

1. [Five Handshakes in Five Minutes](#) – highly interactive greeting exercise
2. [Gotcha](#) – sure-fire game that is guaranteed to generate lots of laughter

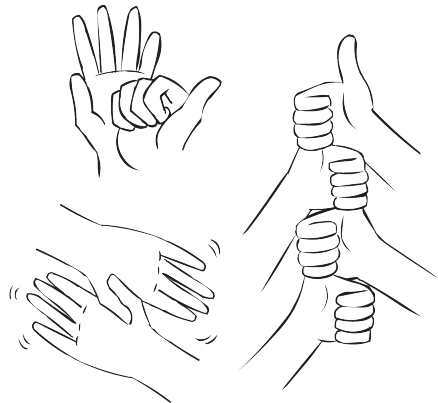
Props – none required

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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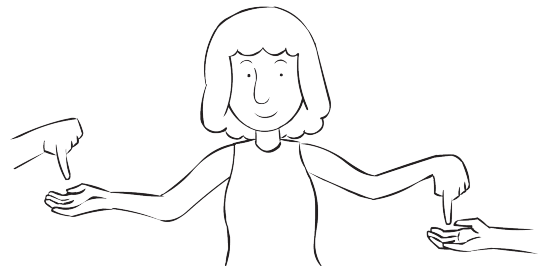
1. Five Handshakes in Five Minutes (5 mins)

1. Assemble your group in front of you, or in circle.
2. Explain that you will shortly introduce a series of fun handshake greetings.
3. By demonstration with a volunteer, engage in a typical 'high-five' greeting.
4. Invite everyone to engage in a 'high-five' with as many people as possible in the group.
5. Next, demonstrate a second innovative handshake greeting (view [Video Tutorial](#) for some fun ideas), and invite your group to try it out.
6. Repeat this process three more times.



2. Gotcha (5 mins)

1. Form a circle, including yourself, facing inwards and standing side by side.
2. Ask everyone to hold out their right hand palm-facing up towards their right-hand side neighbour.
3. Ask everyone to place the end of their left pointer finger into the open palm of their left-hand neighbour.
4. On "GO," everyone attempts to catch the finger of their partner in their right palm while also avoiding their finger being caught by their left-hand neighbour.



5. A person who successfully catches a finger in their palm yells "GOTCHA!"
6. Repeat several times, or try one of the many variations (listed in [Variations](#) tab.)

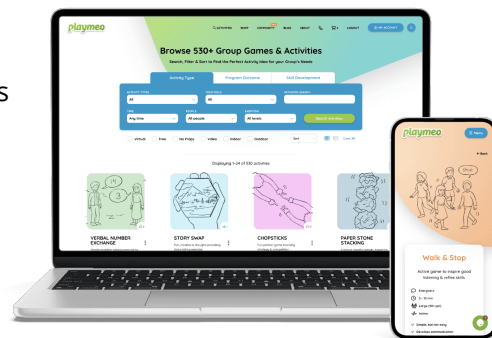
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