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Greetings in Times of Social Distancing

Here is a new idea from Marissa, ABC Lead, to add to the lesson for *René's Two Last Names*. It is something that could be taught in a virtual or taped lesson.

Rene's lesson is about the value of our name and how important it is to our identity. Consider adding this activity to your lesson to help students learn to connect with one another and still follow social distancing. Today's requirement of staying 6 feet apart, to keep us healthy, has us trying new ways of greeting people.

Gone are the days of kissing on the cheek, hugging, handshakes, high fives, or fist bumps. We are even being told "no" to elbow bumps. So, we have a new normal now. Here are ideas to practice as a group.

Start by saying your name and follow with one of the greetings below:

- Give an air high-five
- Hug yourself and then point to who you are sending it to
- Make a heart shape with your fingers over your own heart
- Make up a clap routine for another to mimic back to you (ex: clap two times, slap thighs once then point to whom you're greeting). They return the same greeting back to you.
- Blow a kiss
- Put your hands together in front of your heart and then let them fly off like a butterfly
- Big, excited wave with both arms

Another way to greet is a move that is used in yoga. It's where you bring your palms together up to your heart and you smile and slightly bow at the person with whom you are greeting. It means "to show your best self". When you do this, you are showing your best self, your *spark*. So, we can greet each other in this way and maintain social distance, but still show our *spark*, by putting our best self forward.

These new greetings take a little extra time and effort. But, we have more time now, and making an effort to connect in new ways is essential to our mental and emotional health.