

# MEET AND GREET

**Purpose:** These activities help children relax, feel welcome and pay attention. They also promote social skills.

**Welcome everyone** - The best way to make anyone feel welcome is to give them your smile. So start each class with some **Grinnastics** exercises.

1. **Face Dancing** - Play some music and have children move their faces all around.



2. **Face Push ups** - Put one hand in front of the chest, and say "up" then bring it over the head and smile. Say down and bring it down and frown. Repeat several times.



3. **Frown Eraser**

- a) Put both hands in the air, shake your head and hum.



- b) Look up in the air and howl.



- c) Tap on the back of the head and chest and say, *mi-mi-mi-mi-mi*  
*Bet you can't do these and not smile!*



**Circle of Smiles** - Hold hands and make a circle. Have everyone walk into the center and give away their smiles, then walk back. Repeat several times while walking different ways into the circle.

**Introduce each child** or have children introduce themselves while everybody waves to that child with different parts of the body.

Give each child some applause and say, "*Thanks for being here*" or "*You're our friend*".  
You can also clap out each person's name. ( for example; *HEL-LO TOM-MY* = 4 claps)

**Greeting Parade** - Play some music and have children walk around shaking hands, giving each other 5's and 10's, or touching elbows, hips, shoulders etc....



**Compliment Waltz** - Play some music and have children move around the room. Stop the music periodically and direct children to give compliments to each other.

*"You look marvelous!" "I like your eyes!" "You're a good friend!"*

**Mirroring** - Have children pretend to be each other's mirrors by simply imitating each other, either as partners or the whole group being the mirror for one person. You can also do this by imitating each other's sounds.



**Sensory Tune-Ups** help stimulate the senses for enhanced perceptual abilities.

Ears - Rub the ear lobes from top to bottom.

- Use the hands to cover and uncover the ears while listening to different sounds.



Eyes - Keep the head still and move the eyes all around the room.

- Stick the thumb in front of the face and move it in circles, figure eights or up and down while watching with the eyes.
- Turn out the lights and have children follow a flashlight around with their eyes.



Nose - Close the eyes and discover how many things can be smelled.