

### Things you will need

- Greeting people sheet
- Pens

### What to do

1. Print the 'greeting people sheet' for each person.

Read and talk about the different ways to greet people without touching.

You may want to talk about any 'rules' there are where you live or work about touching people when we greet them.

You may want to talk about any 'rules' that people have to follow because of health reasons (for example Covid19).

2. Lots of people like to touch when they say hello or goodbye.

There are different ways to use our hands to hello or goodbye without touching each other.

Practice the different ways on the sheet. Support people to think about which ways they like and do not like.

### Extra idea

- **Hello game**

- Cut out the 4 pictures from the 'greetings sheet' and put them face down
- Everyone sits facing each other
- Someone says '1,2,3', then everyone makes their hands into one of the hand signs for greeting people (thumbs up, wave, namaste, hand on heart)
- Turn over one of the pictures. Whoever is doing the same hand sign as the picture gets one point.
- You could play the first to 10 or 20 points, or just play for fun

If you use other hand signs to say 'hello' you could add these to the game