

Session 1.1: Meeting someone for the first time

Activity sheet 1.1.1: 'Pleased to meet you!' – Introducing ourselves



When you meet someone for the first time you need to introduce yourself.

I might say 'Hi I'm Sue. Pleased to meet you.'

I might say 'Hello, I'm Sue Sutton. I'm a teacher here.'

I might say 'Good morning' instead of hello.

I might say 'Hello, my name is Sue.'

What else might you say?

Practise introducing yourself to the rest of the group.



Activity sheet 1.1.2: Greetings – shaking hands

Part I



When I meet someone for the first time, I might shake hands.

Your group leaders will role-play the following ways that some people introduce themselves. Talk about what is wrong with each one.



1. Someone shakes hands with you. Their hands are very limp.



2. Someone shakes hands with you but they do not look at you.



3. Someone shakes hands with you with a very hard grip and does not let go.



4. Someone shakes hands with you, and then talks about their marriage, their health and what their children are doing.



5. Someone shakes hands with you and then asks you if you are married. Then asks lots of other personal questions.



6. Someone gives you a hug instead of shaking hands with you even though you have never met them before.

Activity sheet 1.1.3: Let's practise

Practise shaking hands and introducing yourself.





How does it feel when someone else does it well?

How did you get on?

Activity sheet 1.1.4: Shaking hands – yes or no?

Remember that what you look like or how you behave makes a difference.

Talk about whether you would like to shake hands with the following people. Put a tick or a cross in the boxes.

	I would like to shake hands 	I would not like to shake hands 
A person who wipes their nose on their hand.		
A person who smells bad.		
A person who smells of soap.		
A person with clean clothes.		
A person with dirty hands.		
A person with torn clothes.		
A person who scratches their bottom.		