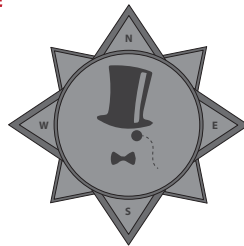


## GREETING A PERSON FOR THE FIRST TIME

So, I'll be honest with you. For a big bear, I'm a total coward when it comes to meeting a person for the first time. I mean, I would much rather just not be noticed. But then as 300-pound bears go, I'm not easily missed.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

- Role play with friends and family members, as though you are meeting them for the first time.
- Greet four people that you don't know.

LEVEL E

PERIOD 5

TASK 4

So, over the years, I've had to overcome my shyness and I'm going to attempt to pass on a little of my wisdom to you.

First of all, you may be meeting someone in a formal setting like church or some sort of school activity. Then other people, you might meet in a very relaxed atmosphere. But most of the principles are still pretty much the same.

So, let's deal with the formal setting first.

1. First of all, make eye contact with the person.  
2. Smile, no one wants to meet a misery guts.  
3. Say hello and offer your hand for a hand shake. Make sure you grip well with the hand shake. Not enough to hurt a person, but not a hand like an old piece of wet lettuce either.

4. Tell the individual your name while you are shaking their hand, probably your first and last name.

5. Allow the other person to tell you their name.

6. Finally, start a "small talk" conversation. This could be done by asking them an appropriate question about the event you are at, "So, what do you think of the play so far?" Or you could make a general observation. People so often resort to talking about the weather, "Wow, will it ever stop raining, do you think?"

Now, if you are meeting someone in a more relaxed situation, you'll still want to make eye contact and smile. You may not shake hands and the small talk may be a bit more casual, "I see you are wearing a football shirt, did you catch the game last night?"

A little small talk will go a long way to breaking down social barriers and getting to know an individual.

