

S³ Skills: Smile, Shake and Share

A *probe* in cyber space is a way to encourage someone to respond to you. In real life, we call it getting acquainted. It is a learned skill that most politicians, pastors, teachers and sales representatives use expertly. Student leaders also need to become experts at the art of getting acquainted. One of your primary roles is to build positive relationships with the students and staff at your school.

Practice these getting acquainted techniques on Random Acts of Kindness Day. The goal is to use these skills in the hallways, at lunch and during class. Check them off as you do. These three simple things can instantly make your school a happier and more inviting place for everyone.

Smile: *Display a kind and caring attitude each day*

Shake: *Connect with all people*

- Handshakes, high fives, fist bumps, points of recognition
- Call people by their names
- Introduce yourself

Share: *Build positive relationships*

- Invite people in to share your “space”
- Discover commonalities: tell people about yourself and ask people questions
- Introduce people to each other

S³ Skills: Check List How many can you check off before the end of the day?

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|---|--|
| <input type="checkbox"/> Wave someone over to join your conversation. “Join us!” | <input type="checkbox"/> Laugh with someone new |
| <input type="checkbox"/> Ask someone his or her opinion. “What do you think about...?” | <input type="checkbox"/> Wave a hello |
| <input type="checkbox"/> Take your group over to the person that appears to be interested in the fun. “Let’s move over here.” | <input type="checkbox"/> Wink at someone |
| <input type="checkbox"/> Widen your group circle to make room for someone close to it. “Everyone step back to let him in.” | <input type="checkbox"/> Slap a High 5 |
| <input type="checkbox"/> Introduce someone to a group or another individual. “Hey, you have got to meet...” | <input type="checkbox"/> Bump a fist |
| <input type="checkbox"/> Notice and interact with someone who doesn’t appear to be comfortable in a group setting | <input type="checkbox"/> Introduce yourself |
| <input type="checkbox"/> Smile at people | <input type="checkbox"/> Discover something you have in common |
| <input type="checkbox"/> Learn new names | <input type="checkbox"/> Hold the door for someone |
| | <input type="checkbox"/> Offer someone a seat |
| | <input type="checkbox"/> OTHER |
| | <input type="checkbox"/> |

A Closer Look: *Discussion Questions*

1. What do the following quotes say about the importance of a student leader's ability to get acquainted with people and show kindness to all?
 - "Kind words can be short and easy to speak but their echoes are truly endless."
~ Mother Teresa
 - "One important element of a healthy community is a high level of connection among the people in the community." ~ L.B. Schorr
 - "Laughter is the shortest distance between two people." ~ Victor Borge
 - "Feelings of unconditional self-worth are achieved when people come to realize they are important and worthwhile regardless of performance or appearance." ~ R.M. Page
2. What S³ skill are you most comfortable with? What skill is difficult for you?
3. Did you use an S³ skill not on the check list? What was it?
4. How did the S³ skills make a difference in your actions and attitudes today?
5. How did other students react when they observed you using some of the S³ skills?
6. How might you incorporate some of the S³ skills as part of your daily school life?
7. What did you notice about the school climate of the school during Random Acts of Kindness Day?