

## Meeting and Greeting with A-L-R

(Ask-Listen-Respond)

### 5 points of a Meet & Greet:

1. Face the other person
2. Smile and look them in the eye
3. Firm handshake (fist bump, elbow bump)
4. State name loud and clear
5. If you need info, ask a question



### WARM UP

Get your body ready to play

- 10 toe touches
- 10 squats
- Plank for 30 sec.

### HEALTHY HABIT

#### **FRIENDS**

- Start conversations with other people by using A-L-R.
- ASK your FRIENDS questions, LISTEN to what they say, then RESPOND to what they've said.

### THINGS TO THINK ABOUT

- What does A-L-R stand for?
- What are the 5 points of a meet and greet?
- Should you introduce yourself to someone new?
- Why is it important to be on time for things in your life?

### GOLF SKILL

- Your putting stroke should have the same tempo on every putt. In your head, say "one, two" or "tick tock" to get a consistent beat. Be creative – say "Scooby Doo" or just make up your own saying.

**VIDEO:** Tempo in a putting stroke

<https://www.golfchannel.com/video/putting-drill-improve-putter-tempo>

### GOLF RULE

#### **Rule 6-3. Time of Starting**

The player must start at the time established by the Committee.

- ✓ If the player arrives late, but no more than 5 minutes, late, they are assessed a 2 stroke penalty.
- ✓ If the player is more than 5 minutes late, they are disqualified.

## PUTTING GAME

### THE SHRINKING HOLE

Cut out five circles from paper that measure 4, 6, 8, 10 and 12 inches in diameter. Place them at various points on the floor. Players start 3 feet away from the 12-inch circle. When they sink five putts—the **ball comes to a rest on the paper**— they move on to the 10-inch circle and start 4 feet away. The game continues in this manner, with players putting to the 8-inch hole from 6 feet; to the 6-inch hole from 8 feet; and to the 4-inch hole from 10 feet. The first player to sink five putts on all five holes wins.

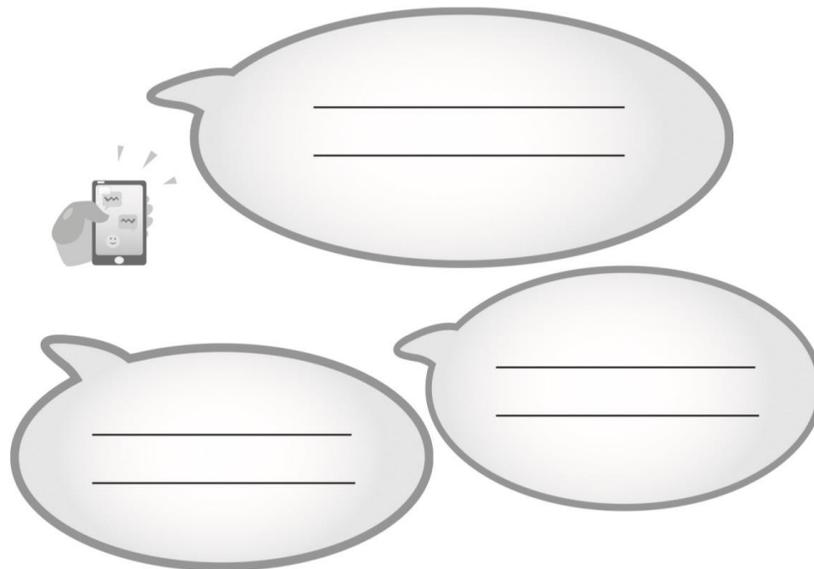
### MEETING AND GREETING WITH A-L-R **ASK-LISTEN-RESPOND (A-L-R)**

**Ask** the other person some questions.

**Listen** to what the other person says.

**Respond** to what the other person has said.

*What questions could you ask the new student in school to get to know him/her better and help him/her feel welcome?*



### VIDEO

TOP 10 RULES FOR KIDS TO KNOW:

<https://www.youtube.com/watch?v=vZDNaKzgFqU>