

Head Shoulder Knee Toe Add Up

PLAY

A high-energy, engaging icebreaker designed to encourage social interaction, collaboration, and fun. The focus is on making connections rather than winning, with a blend of physical activity and lighthearted competition.



Learning Intentions

Promoting Social Interaction and Connection

Students will engage with multiple partners throughout the game, enhancing their ability to socialise, collaborate, and build connections in a fun and non-competitive environment.

Encouraging Physical Activity and Coordination

Students will participate in a variety of physical gestures and optional fitness activities, promoting physical movement, coordination, and overall well-being.

Fostering a Positive and Energetic Group Atmosphere

Students will contribute to a lively and positive atmosphere by participating in a high-energy activity encouraging laughter, teamwork, and mutual enjoyment.



Success Criteria

Active and Engaged Participation

Students actively participate in each round by quickly and enthusiastically making gestures and engaging with new partners, demonstrating a willingness to connect and collaborate with others.

Coordination and Accuracy in Gestures

Students accurately perform the required gestures (hands on head, shoulders, knees, or toes) while following the rules of the game, showing coordination and focus during gameplay.

Contribution to a Positive Group Dynamic

Students help to create and maintain a positive, energetic environment by encouraging others, laughing, and participating fully, contributing to a sense of community and shared experience among participants.



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Objective:

A high-energy, engaging icebreaker designed to encourage social interaction, collaboration, and fun. The focus is on making connections rather than winning, with a blend of physical activity and lighthearted competition.

Players:

It is ideal for groups ranging from 20 to 200 participants.

Materials:

No materials are required, just a spacious area for participants to move and interact.

Setup:

Participants pair up and stand back-to-back, ready for the game.

Gameplay:

- **Count Down and Turn:** Partners count down together ("3, 2, 1...") and then turn around to face each other.
- **Gesture Making:** Simultaneously, each player makes one of four gestures: hands on head, shoulders, knees, or toes. There should be no prior discussion or hints about the chosen gesture, and each round must feature a different gesture from the previous one.
- **Scoring Points:** If both partners perform the same gesture, it's a match, and each player scores a point.
- **Fitness Element:** Optionally, after scoring a point, players can run a quick 20-metre sprint before finding a new partner for the next round.

Winning the Game:

The game focuses more on social interaction and fun rather than keeping a strict score. Participants are encouraged to engage with different players throughout the game.

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Variations for Different Settings:

- **Children's Edition:** Make the gestures more playful, including jumps or spins.
- **Staff Edition:** Focus on team-building by having participants find new partners within their work teams or departments.
- **Fitness Edition:** Increase the physical aspect by adding more challenging fitness elements after each match, like burpees or jumping jacks.

Additional Notes:

- The game is designed to create an atmosphere of laughter, high energy, and positive vibes.
- It's an excellent way to break the ice and encourage participants to socialise and bond.
- Simple yet charming, "Head, Shoulder, Knees, Toe Add Up" is more than just a game; it's a shared experience that is enjoyable and stimulating for people of all ages.

