

HEAD,
SHOULDER,
KNEES, TOE

Add Up

Head, Shoulder, Knees, Toe Add Up

Instructions

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 light-hearted 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-meter 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.

Variations for Different Settings:

- **Children's Edition:** Make the gestures more playful, including jumps or spins.
- **Corporate 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.