

HEAD,  
SHOULDER,  
KNEES, TOE

*Add Up*

JUGAR | LIFE

# HEAD, SHOULDER, KNEES, TOE ADD UP

## INSTRUCTIONS

Introducing "The Synchro Dance: Heads, Shoulders, Knees & Toes Remix"! Ready for a high-energy, lively, and laughter-filled icebreaker? Perfect for groups of 20 to 200, this game is designed to stimulate conversation, collaboration, and camaraderie in an enjoyable and safe environment. Forget about winning or losing - the real prize is the connections and memories you'll make in these precious five minutes of fun.

### **How to Play:**

1. Find a Partner: Let the game begin by pairing up with a partner. Stand back-to-back, fostering an air of anticipation and excitement.
2. Count Down: Together, count down "3, 2, 1..." and turn around to face each other.
3. Gesture: Simultaneously, make one of four possible gestures - hands on your head, shoulders, knees, or toes. No hints or discussions are allowed about the action you're planning to do. The only rule is that each round must feature a new gesture.
4. Score a Point: If you and your partner perform the same gesture - say, both hands on heads or both on shoulders - that's a "match", and each of you earns a point.
5. Fitness Twist: For a dash of adrenaline and fitness fun, you could incorporate a quick sprint of 20 meters and back after scoring a point before moving on to a new partner.

The beauty of the "Synchro Dance: Heads, Shoulders, Knees & Toes Remix" lies in its simplicity and charm. It is a perfect launchpad for any group activity, inviting participants to socialise, bond and engage with a plethora of different players. Be prepared for a room filled with laughter, high energy, and positive vibes. It's not just a game but a shared experience that's enjoyable and stimulating for participants of all ages.