

# Head, Shoulders, Knees, Cone

Touch your head, touch your shoulders, touch your knees — then grab the cone before your partner does.

SCAN TO SEE IT PLAYED



## The core game

### How it works

- 1 Pair up and place one cone or small object on the ground between you, within easy reach of both players.
- 2 Both players stand facing each other. The leader calls out body parts — head, shoulders, or knees — and both players must touch that body part with both hands.
- 3 At any point the leader calls 'cone' — the first player to grab the cone wins that round and earns one point.
- 4 First to five points wins the pair's game. The winner can walk to find a new partner, or the loser completes ten squats, sit-ups, or burpees before the next round begins.

## Ways to play

### Two versions for every occasion

#### Way 1 — Classic Cone Grab

Best for 2 players per pair · Works with any group size, indoors or outdoors

- Pairs place one cone (or any small object) on the floor between them.
- The leader calls body-part instructions rapidly in any order: head, shoulders, knees — players must touch the correct body part with both hands each time.
- Without warning, the leader yells 'cone' — first player to grab it wins the point.
- Play to five points, then the winner walks to find a new partner while the other player does a quick fitness forfeit.
- Keep rotating partners throughout the session so everyone mingles.

#### Way 2 — Colour Cone Challenge (Home Version)

Best for 2-4 players · Living room or backyard

- Place 3-5 different coloured objects or cones in a circle between all players.
- The leader calls body-part instructions as normal — but instead of calling 'cone', calls a specific colour.
- First player to grab the correct coloured object wins the round.
- Play in tournament style — two players at a time while others watch and cheer, rotating winners through.

TIP FOR PARENTS

### Try this at home

Be deliberately sneaky — call 'shoulders, shoulders, shoulders' many times in a row to lull your child into autopilot, then yell 'cone' when they least expect it. That unpredictability is exactly what makes the game so addictive.

THE SCIENCE OF PLAY

### Why it works

The combination of following instructions and waiting for an unpredictable signal develops sustained attention and rapid response — skills that underpin focus in the classroom and on the sports field. The physical element means players are fully present, and the social rotation of partners builds confidence with new people.

SCHOOL ' HOME

### The connection

*Your child played this game at school to sharpen their listening and reaction speed — at home it is one of the best two-minute brain-break games you can do together.*