

SCAN TO SEE IT PLAYED



Moving & Shaking

Copy the chain, add your move, and don't break the sequence!

The core game

How it works

- 1 Everyone stands in a circle with enough space to move freely
- 2 The first player performs one clear movement — for example, a star jump
- 3 The next player copies that movement exactly, then adds their own new movement to the end of the sequence
- 4 Each player in turn repeats the full sequence from the beginning before adding their own move — anyone who gets the order wrong or forgets a move is out, and the game continues until one player remains or the chain becomes too long to remember

Ways to play

Two versions for every occasion

Way 1 — Elimination Circle

Best for 5+ players · Hall, garden, or classroom

- Stand in a circle and decide who goes first
- Player 1 performs one movement; player 2 copies it and adds their own
- Work around the circle — each player must perform the full chain before adding one new move
- A player who forgets a move or gets the order wrong is out and sits down
- The last player still accurately performing the chain wins the round

Way 2 — Family Cooperative Version

Best for 2–5 players · Living room, no equipment needed

- Play as a team rather than eliminating each other — work together to build the longest chain possible
- If someone gets it wrong, that's fine — help them and keep going from the beginning
- Count the total number of moves in the chain when the group finally forgets one
- Write down your record and try to beat it next time
- Take turns deciding who starts — the starter sets the tone for the whole chain, so pick a great opening move!

TIP FOR PARENTS

Try this at home

Encourage big, exaggerated movements — they are much easier to remember than small subtle ones. Narrating the chain out loud ('star jump, wiggle, spin...') as you perform it is a brilliant memory strategy that kids will naturally discover.

THE SCIENCE OF PLAY

Why it works

Sequential memory games exercise working memory and attention in a way that is genuinely challenging for all ages. Layering physical movement onto the memory task engages the body as well as the brain, which research shows improves recall and makes the learning stick longer.

SCHOOL ' HOME

The connection

Your child played Moving and Shaking at school today and built up their movement memory alongside their classmates — playing it at home lets you see exactly how creative and physical they can be when they're having fun.