



# One, Two, Three

Count to three together — but add a twist that trips everyone up and fills the room with laughter.

## The core game

### How it works

- 1 Pair up. Players take turns counting: one person says '1', the other says '2', the first says '3', and you keep going back and forth in a loop.
- 2 In the next round, replace '1' with a clap — so instead of saying one, you clap your hands.
- 3 Add the next layer: replace '2' with a nod of the head forward instead of saying two.
- 4 Finally, replace '3' with both hands raised in the air — now the whole sequence is clap, nod, hands up, with no numbers spoken at all.

## Ways to play

### Two versions for every occasion

#### Way 1 — Fitness Spin (School Version)

Best for 2 players · Pairs, indoors or outdoors

- Pair up and face each other. Begin counting 1-2-3 back and forth, alternating numbers.
- Round one: replace '1' with a clap — say nothing, just clap on your turn.
- Round two: replace '2' with a nod of the head — no word, just nod.
- Round three: replace '3' with both hands raised high in the air.
- Challenge each other to do the full sequence without breaking — then swap to add your own movement substitutions.

#### Way 2 — Family Challenge (Home Variation)

Best for 2-6 players · Living room or around the dinner table

- Play the classic version first until everyone can do all three movements without laughing too much.
- Take turns letting each player choose what movement replaces each number — get creative with silly actions.
- Speed it up each round — fastest pair to complete ten full cycles without a mistake wins.
- Finish with a full-family circle where everyone counts together, each person replacing their number with their chosen movement.

## TIP FOR PARENTS

**Try this at home**

Don't worry if you mess it up — getting it wrong is the whole point. Laughing together at mistakes is more bonding than getting it right, so let yourself be imperfect and enjoy the chaos.

THE SCIENCE OF  
PLAY**Why it works**

Replacing spoken words with physical actions activates multiple areas of the brain simultaneously, building coordination, working memory, and attention. The social laughter that follows mistakes reduces anxiety and creates a warm, trusting group atmosphere — exactly what a great warm-up should do.

## SCHOOL ' HOME

**The connection**

*Your child used this game at school to warm up their brain and body at the start of a session — it's just as fun at home before homework or family activities.*