



Tick once completed!

MEGA ACTIV

HEAD, SHOULDERS, KNEES & CONES

Players - Any number!
Equipment - Soft small objects!
Space - Any size!

1. Each player will need 1 soft small object and will need to place it on the floor in front of them.
2. Sing the tune to 'Head, shoulders, knees & toes' but replace 'toes' with 'CONES!'
3. The caller (parent/non-player) will now say either head, shoulders or knees (not cones) in any order and as many times as they want; the more times and longer the better!
4. The caller can decide to shout 'CONES!' at any point. When they do, all players must quickly grab their object off the floor and hold it in the air.
5. The player who has their object in the air first gets 1 point. First to 3 points wins!

GAME BOOSTS

Add more body parts - Ears, Tummy, Hips etc.
Head-to-head: 1 object in the middle of multiple players - race to grab it first!
Knock-out: Slowest player each round leaves the game. Last player in is the winner!
Increase or decrease the required points to win!

