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Keine Stimmen

Hand to Foot—and More



For a group of teenagers—it doesn't matter how many, as long as it's an even number—the commands might be something like: head to nose, knee to stomach, fist under the chin, head to head, kick to the buttocks, elbow to the solar plexus, foot to the shin, sole of the foot to the abdomen, finger to/in the nose, head to the abdomen, hand to the throat, knee to the forehead, head to the back, sole of the foot to the shoulder, etc.

No materials are required.

For a group of children, the commands may differ to avoid the risk of injury: fist to fist, palm to ankle, little finger to little finger, back of the head to back of the head, shin to abdomen, shin to back of the head, ankle to back of the head, palm to mouth, etc.

Once the participants get the hang of it, the pace can be increased and the last pair can be eliminated, until only one winner remains.

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Games and activities

Tags
Game

Number of participants
1–20
20–30
30 – 100

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