

Jump In, Jump Out Activity

Getting to know classmates through movement!

*Set contains 32 cards and actions

Great for
Brain Breaks!

Perfect for a
Beginning of the
Year Game!
Wonderful Activity
for Morning or
Closing Meetings!

Jump In, Jump Out
Card 1

If you ride the bus
to school, jump in
and clap three times.

Jump In, Jump Out
Card 8

If you are wearing
something blue, jump in
and switch spots with
someone in the circle.

Jump In, Jump Out Activity Directions

1. **Have students make a large circle.** The space will need to be enough for the students to perform actions inside the circle.
 2. **Distribute cards to students.** You can mix the cards or give the cards out in order. If you have extra cards, you can give some students more than one card, or you can read the extra cards.
 3. **Start the activity.** The person will read card 1. If students can answer yes to the question, they will jump inside the circle and perform the action listed, then go back to their spot. If students can answer no to the question they will stay in their spot and not perform the action. Then the next person can read the next card.
- *You and your students are sure to have fun getting to learn more about their teacher and classmates!**

**Jump In, Jump Out
Card 1**

**If you ride the bus
to school, jump in
and clap three times.**

**Jump In, Jump Out
Card 2**

**If you have a pet,
jump in and stomp
two times.**

**Jump In, Jump Out
Card 3**

**If you have a S in your
name, jump in and do
five jumping jacks.**

**Jump In, Jump Out
Card 4**

**If you have a sibling,
jump in and do two
toe touches.**

**Jump In, Jump Out
Card 5**

**If you like macaroni
and cheese, jump in
and give a classmate
a high five.**

**Jump In, Jump Out
Card 6**

**If you have ever been
to a park, jump in and
spin while counting
to 10.**

**Jump In, Jump Out
Card 7**

**If reading is your
favorite subject, jump
in and run in place
while counting to 12.**

**Jump In, Jump Out
Card 8**

**If you are wearing
something blue, jump in
and switch spots with
someone in the circle.**

Jump In, Jump Out Card 9

If you traveled over the summer, jump in and tip toe to another spot in the circle.

Jump In, Jump Out Card 10

If someone in your family took a nap yesterday, jump in and make a snoring sound.

Jump In, Jump Out Card 11

If you know your ABCs, jump in and give a classmate a compliment.

Jump In, Jump Out Card 12

If your favorite sport is basketball, jump in and pretend to dribble a ball.

**Jump In, Jump Out
Card 13**

If math is your
favorite subject,
jump in and hop in
place 7 times.

**Jump In, Jump Out
Card 14**

If you like to sing, jump in
and do the air guitar
while your other
classmates and teacher
count to 10.

**Jump In, Jump Out
Card 15**

If you read a book over
the summer, jump in and
have a 15 second dance
party.

**Jump In, Jump Out
Card 16**

If you are wearing
something green, jump
in and do the wave with
your hands.

**Jump In, Jump Out
Card 17**

**If you have a sister,
jump in and jump to
another spot in the
circle.**

**Jump In, Jump Out
Card 18**

**If you have ever
climbed a tree, jump
in and stand on one
foot.**

**Jump In, Jump Out
Card 19**

**If you would like to visit
another county, jump in
and pretend to dig a hole in
the ground.**

**Jump In, Jump Out
Card 20**

**If you are wearing
something white, jump
in and pretend to jump
rope.**

**Jump In, Jump Out
Card 21**

**If you have a T in
your name, jump in
and do arm circles
for 8 seconds.**

**Jump In, Jump Out
Card 22**

**If you ride in a car to
school, jump in and do
your favorite stretch.**

**Jump In, Jump Out
Card 23**

**If your favorite food
is pizza, jump in and do
five squats.**

**Jump In, Jump Out
Card 24**

**If you are wearing
something brown,
jump in make a silly
face.**

**Jump In, Jump Out
Card 25**

**If you saw a bird
today, jump in and
make your favorite
animal noise.**

**Jump In, Jump Out
Card 26**

**If you have ever been
to a library, jump in
and pretend to skate
counting to 10.**

**Jump In, Jump Out
Card 27**

**If you watched a movie
this month, jump in and
tell a classmate your
favorite movie.**

**Jump In, Jump Out
Card 28**

**If you are wearing
something white, jump
in and play Rock, Paper,
Scissors with someone
in the circle.**

Jump In, Jump Out Card 29

If you have an A in your name, jump in and write your first name with your finger in the air.

Jump In, Jump Out Card 30

If you have ever been to the beach, jump in and make a swimming motion with your hands for 9 seconds.

Jump In, Jump Out Card 31

If your favorite sport is football, jump in and pretend to throw a football.

Jump In, Jump Out Card 32

If you can pledge to be a respectful classmate, jump in and shake a classmates hand.

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