90

Jump In, Jump Out Activity
Getting to know classmates
through movement!
*Set contains 32 cards and actions

Jump In, Jump Out Card 1

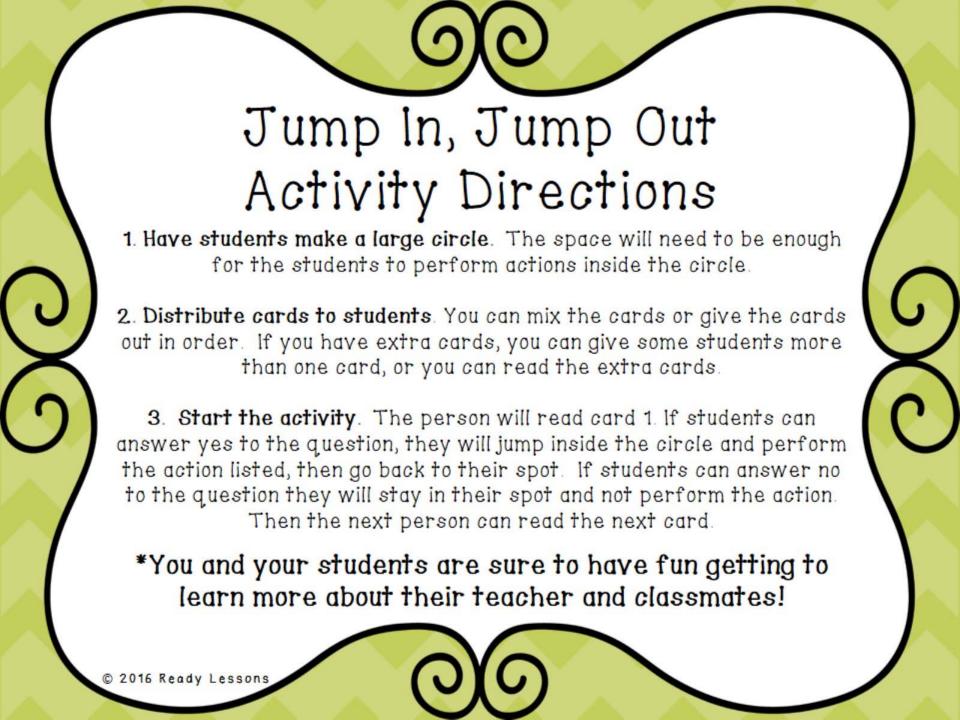
If you ride the bus to school, jump in and clap three times. Great for Brain Breaks!

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

for Morning or Closing Meetings!

Jump In, Jump Out Card 8

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



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.

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.

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.

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.

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.

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.

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.

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.



