

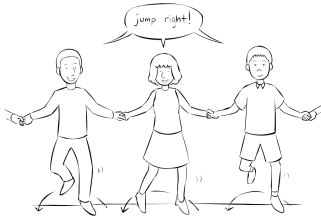
Jump In Jump Out

At A Glance

Contagiously fun energiser game for large groups.

Benefits

- Hilarious energiser
- Triggers tons of laughter
- Simple to explain, difficult to accomplish
- Circle game
- No props



Time 1 - 2 min

People Small 8 -15

Step-by-Step Instructions

1. Form a circle, holding hands, facing in to the centre.
2. Announce that you want the group to – “SAY WHAT I SAY, AND DO WHAT I SAY.”
3. Practice this skill with one of four commands – “JUMP IN,” “JUMP OUT,” “JUMP LEFT” or “JUMP RIGHT.”
4. Call out a series of ‘Jump’ commands, one after another for 20 seconds.
5. Re-form the circle, and announce that you now want the group to – “SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY.”
6. Continue with a series of ‘jump’ commands, one after another for 20 seconds, or until the circle breaks up too much.

Popular Variations

- **Do The Opposite:** Re-form the circle, and announce that you want the group to “SAY what I say, and DO THE OPPOSITE of what I say.” For example, if I say “Jump Left” the group is invited to say “Jump Left” as they jump to the right.

- **New Commands:** Add extra commands, such as “JUMP TWICE” or “JUMP HIGH” or “JUMP TWO TO THE LEFT/RIGHT.”
- **Jump Anywhere:** Invite people to jump anywhere they choose (while still holding hands and keeping everyone around them safe) no matter what your command is – crazy, random fun.
- Take a look at [Jump Tag](#) and [Jump Clap Spin & Run](#) to explore some more fun, jumping games.

Videos

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