

SHORT DESCRIPTION OF ACTIVITY:

A silly and confusing group game that will get your mind twisted and your heart pumping

TYPE OF ACTIVITY: Energizer, Team Building

MINIMUM TIME NEEDED FOR ACTIVITY: 15 Min

GRADE LEVEL: 4th +

SUBJECT AREA: None

MATERIALS:

- None

SET UP:

1. Have group stand in a circle on a flat surface, holding hands.
2. There are only four actions in the game: Jump in, jump out, jump left, jump right.
3. When caller gives a direction, the rest of the group will repeat the instruction aloud and do the action as instructed.

PLAY:

1. First level: easy. Caller will say “Do as I say, and as I do.” Group says what the caller says, and does what the caller says. Continue until the group has it down and is mostly in synch.
 - Example: Caller says Jump left. Group yells “jump left!” and jumps left.
2. Next level: more complicated. Caller will say “Do as I say, and say the opposite.” Group says what the caller says, and does the opposite of what the caller says. Continue until the group has it down and is mostly in synch.
 - Example: Caller says Jump left. Group yells “jump right!” and jumps left.
3. Next level: more complicated. Caller will say “Say as I say, and do the opposite.” Group says what the caller says, and does the opposite of what the caller says. Continue until the group has it down and is mostly in synch.
 - Example: Caller says Jump left. Group yells “jump left!” and jumps right.
4. Next level: by this point, a little easier. Caller will say “Do the opposite of what I say, and say the opposite.” Group says the opposite of what the caller says, and does the opposite of what the caller says. Continue until the group has it down and is mostly in synch.
 - Example: Caller says Jump left. Group yells “jump right!” and jumps right.

VARIATIONS:

- Directions can start with “step” instead of jump for lower impact crashes.