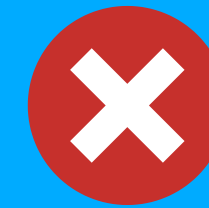


# Jump in jump out

**Warm up**

Source: TC- FACILITATOR TOOL BOX

**Jammin  
Board**



ARTS



NFE



INCLUSION



8-50 people



10 minutes

## Topic

Warmup, energiser, feeling good

## Objectives

To raise the energy level of the group and break the ice.

## Steps

1. Holding hands in a circle, facing the centre, a group jumps in, out, left or right of the circle in sync with your instructions.
2. This exercise is almost impossible not to mess up – which is the whole point. Ask your group to “SAY WHAT I SAY, AND DO WHAT I SAY”.
3. Next you practice a few rounds, by calling one of four commands – “JUMP IN, JUMP OUT, JUMP LEFT, JUMP RIGHT”. The aim is for each person (the group) to repeat exactly what you say, at the same time they are copying what you have asked them to do.
4. After 20-30 seconds of this first “introductory” level, re-form the circle, and announce that you now want to move to the next (more interesting) level. This time announce “SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY” Get it? For example, if I say “Jump in”, the group says “Jump out” as they literally jump into the circle. You may need to say this a few times for it to sink in.
5. One more variation is “SAY WHAT I SAY, AND DO THE OPPOSITE OF WHAT I SAY”.