

IT'S TIME TO PLAY  
JUMPSTART SAYS

IT'S A CHILDHOOD CLASSIC!



1.

One player will be the caller or “Jumpstart”

2.

If the caller begins the sentence by saying “Jumpstart says...” then everyone must complete the action

3.

If the caller does not start by saying “Jumpstart says”, players will not need to do the action



# HERE ARE SOME JUMPSTART SAYS EXAMPLES:



Jump up and down

Hop on one foot

Dance

Act like a monkey

Play air guitar

Spin around

Sing

Walk backwards

Clap your hands

Touch your nose