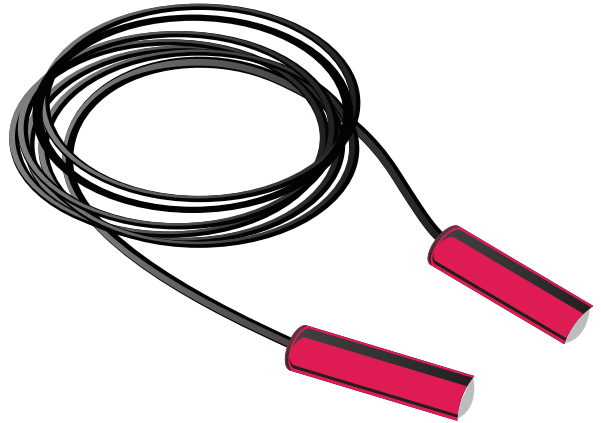


IS THAT ALL?

No. It's your turn!

All you need is a little rhyme to make your own game.

You can adapt any of the rhymes in this minibook or make one of your very own.



JUMP JINGLES



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Strawberry shortcake, cream on top.

Tell me the name of my sweetheart.

A, B, C, D, E . . .

Raspberry, raspberry, raspberry jam.

What are the initials of my young man?

A, B, C, D, E . . .

Strawberry, apple, my jam tart.

Tell me the name of your sweetheart.

A, B, C, D, E . . .

Ice cream soda. Delaware punch.

Spell the initials of your honeybunch.

A, B, C, D, E . . .

(Use the letter in any of the above when the jumper misses to find your future sweetheart's name.)

STRAIGHT RHYMES

Straight rhymes can be repeated endlessly while jumping.

I love coffee,

I love tea.

I love the boys

And the boys love me.

Johnny gave me apples,

Johnny gave me pears,

Johnny gave me fifty cents

And kissed me on the stairs.

I'd rather wash the dishes,

I'd rather scrub the floor,

I'd rather kiss the iceman

Behind the kitchen door.

Baby, baby, in the tub.

Mama forgot to put in the plug.

Oh, what sorrow!

Oh, what pain!

There goes baby down the drain.

Birdie, Birdie in the sky,

Why'd ya do that in my eye?

Birdie, Birdie in the sky,

Gee, I'm glad that cows don't fly

JUMP JINGLES

This book contains jingles or rhymes for jumping rope.

Did you know?

Children have been jumping rope for thousands of years. However, it is a recent development to have jumping rope as a competitive game.

In the beginning, it was mainly boys who jumped rope. They wanted to see who was the fastest, could jump the highest and go the longest.

It wasn't long before girls were jumping rope more than boys. Unlike boys, girls jumped individually as well as in groups. There was still some competition, but girls encouraged each other to do their best.

Girls also changed jumping rope from a sport into an art. By adding rhymes, it helped the jumpers keep the rhythm as well as lending a little humor to the game. In some cases, the rhymes encourage counting or actions to be done while jumping.

Five little monkeys,
Jumping on the bed.
One fell off
And bumped his head.
Mama called the doctor,
And the doctor said
"No more monkeys jumping on the bed!"

Four little monkeys...
(Continue until no monkeys are left
to jump on the bed.)

Bubble gum, bubble gum,
Chew and blow,
Bubble gum, bubble gum,
Scrape your toe,
Bubble gum, bubble gum,
Tastes so sweet,
Get that bubble gum off your feet!

GROUP JUMPING

In case you haven't had enough of a challenge, here's some rhymes for you to jump with multiple jumpers.

All in together, girls.
How do you like the weather, girls?
January, February, March, April . . .
(Each jumper jumps in when she hears the month of her birthday. When the months are repeated, she jumps out on the same month.)

Sheep in the meadow,
Cows in the corn.
Jump in on the month that you were born.
January, February, March, April . . .
Sheep in the meadow,
Cows in the corn.
Jump out on the month that you were born.
January, February, March, April . . .

Everybody, everybody,
Come on in.
The first one misses
Must take my end.

QUESTIONS

These rhymes ask questions. When the jumper misses, that is the answer. So continue until you get one.

My ma and your ma were hanging out the clothes.
My ma gave your ma a punch in the nose.
Did it hurt her?
Yes, no, maybe so. Yes, no, maybe so. Etc.

What shall I name my little pup?
I'll have to think a good one up.
A, B, C, D, E . . .
(When the jumper misses, she makes up a name beginning with that letter. If she gets through the entire alphabet, do it again!)

ABCs and vegetable goop.
What will I find in the alphabet soup?
A, B, C, D, E . . .
(When the jumper misses, she makes up something that starts with that letter.)

Keep the kettle boiling.
Don't be late!
(Jumpers stand in a line. One after another, they run in
and out , returning to the end of the line.)

Changing bedrooms, number 1.
Changing bedrooms, number 2.
Changing bedrooms, number 3 . . .
(Jumpers run in from each side, changing
places with one another on each number.)

I woke up on Monday morning,
I gazed upon the wall.
The spiders and the fireflies
Were playing a game of ball;

The score was ten to twelve,
The spiders were ahead;
The fireflies knocked a home run
And knocked me out of bed!

Dolly Dimple walks like this,
Dolly Dimple talks like this,
Dolly Dimple smiles like this,
Dolly Dimple throws a kiss.

Two little sausages frying in the pan.
One went POP and the other went BANG!
(Two jumpers start on this one. One jumps
out one side, the other on the opposite side.)

MOVING IN AND OUT

*In these rhymes, the jumpers move in and out of the
rope. Any mentioned names should be changed to the
jumpers to move them in and out of the jump rope.*

Rooms for rent,
Inquire within.
As I move out
Let Tessa come in.

I love coffee, I love tea,
I want Emma to come in with me.

Miss Lucy had a baby
His name was Tiny Tim.
She put him in the bathtub
To see if he could swim.
He drank up all the water.
He ate up all the soap.
He tried to eat the bathtub
But it wouldn't go down his throat.
Miss Lucy called the doctor,
Miss Lucy called the nurse.
Miss Lucy called the lady with the alligator purse.

COUNTING RHYMES

*Counting rhymes end up with counting at the end
of the rhyme. You keep counting until you miss.*

Cinderella, dressed in yella
Went upstairs to see her fella,
How many kisses did she get?
One . . . Two . . . Three . . . etc.

Cinderella, dressed in yella,
Went upstairs to kiss a fella,
Made a mistake, kissed a snake,
How many doctors will it take?
Two . . . Four . . . Six . . . Eight . . . etc.

Charlie Chaplin sat on a pin.
How many inches did it go in?
One . . . Two . . . Three . . . etc.

FASTER!

*Any rhyme that has the words "pepper" or "hot"
ends with the jumper jumping as fast as they can
until they miss. There are also rhymes about missing
that are meant for the jumper to go faster.*

Mabel, Mabel, set the table,
Just as fast as you are able.
Don't forget the salt, sugar, vinegar, mustard,
red-hot pepper!

Johnny over the ocean,
Johnny over the sea,
Johnny broke a teacup
And blamed it on me.
I told Ma, Ma told Pa.
Johnny got in trouble.
Hee, hee, haw!
Salt, vinegar, mustard, pepper!

My little sister dressed in pink
Washed all the dishes in the sink.
How many dishes did she break?
One . . . Two . . . Three . . . etc.

Bread and butter
Sugar and spice
How many boys think I am nice?
One . . . Two . . . Three . . . etc.

Down in the valley
Where the green grass grows,
There sat Sami
Sweet as a rose.
She sang, she sang,
She sang so sweet.
Along came Tom
And kissed her cheek.
How many kisses did he give her?
One . . . Two . . . Three . . . etc.
(You can replace the names "Sami" and "Tom"
with people you know!)

Jump rope, jump rope,
Will I miss?
Jump rope, jump rope,
Just watch this!

I know a woman
And her name is Miss.
And all of a sudden
She goes like—this.

ACTION RHYMES

*If you're ready for a challenge, try doing actions
while jumping.*

Spanish dancer, do the split.
Spanish dancer, give a kick.
Spanish dancer, turn around.
Spanish dancer, get out of town.
(On the last phrase, the jumper runs out of the rope.)

The clock stands still
While the hands go around.
One o'clock, two o'clock . . .
(One player jumps in place, while another
jumper jumps around her in a circle. The
circling one counts up to twelve o'clock.)

Keep the pot a-boilin' just for Marie.
One, two, and a dibble-dabble three.
(When the player's name is called, she must be
in by "three.")

Oh, in I run and around I go,
Clap my hands and nod just so.
I lift my knee and slap my shoe.
When I go out, let Caty come in.

Dancing Dolly had no sense.
She bought a fiddle for eighteen cents.
But the only tune that she could play
Was "Alex, get out of the monkey's way!"
(On the last line, "Alex" jumps out and a new jumper
jumps in.)

Gypsy, gypsy lived in a tent.
Gypsy, gypsy never paid rent.
She borrowed one,
She borrowed two,
And passed the rope over to you!

Every morning at eight o'clock,
You all may hear the postman's knock.
One, two three, four. There goes Cassidy out the door.
(“Cassidy” jumps out and another jumps in.)

Teddy bear, teddy bear,
Turn around.
Teddy bear, teddy bear,
Touch the ground.
Teddy bear, teddy bear,
Show your shoe.
Teddy bear, teddy bear,
That will do.
Teddy bear, teddy bear,
Go upstairs.
Teddy bear, teddy bear,
Say your prayers.
Teddy bear, teddy bear,
Turn out the light.
Teddy bear, teddy bear,
Say good night.

Little white rabbit, hop on one foot, one foot.
Little white rabbit, hop on two feet, two feet.
Little white rabbit, hop on three feet, three feet.
Little white rabbit, hop on no feet, no feet.
(On "three feet", the jumper puts one hand
on the ground. On "no feet", the jumper
runs out.)