

NATIONAL SKIPPING DAY

Try some jump rope games with friends and family to celebrate this day!

Jump the Year

As you jump, name the months of the year in order. When the year is complete, the next person in line begins their turn.

Jump the Alphabet

Recite the letters of the alphabet as you skip rope, either individually or in a group. Used in a group, the jumper then switches as soon as "Z" is reached.

Snake!

Two children hold the ends of a long jump rope, waving it along the ground like a snake slithering through the grass. The other children take turns jumping over the moving rope.

Splash!

Best played outside on a warm day, two children turn a long jump rope while another child skips holding a plastic glass full of water. Jumping continues until the glass is empty and the child is nice and wet!