

Movement Games: Jack in the Box

Jack in the box *(crouch down)*Jack in the box,

Oh so still!

Won't you come out?

Won't you come out?

Won't you come out?

YES I WILL! (shout and jump up!)

Tips:

Feel free to set this to a song, or just chant the words rhythmically!
You can experiment with saying the rhyme slowly or quickly, as well.