



A, B, C, Alphabet Soup

Description

Description

Help groups practice their emotional vocabulary and their jumping skills.

Supplies

- Jump ropes

How to Play

1. Teach your students the following jump rope chant:
 - “A, B, C, and vegetable soup. What will I find in my alphabet soup? A, B, C,…”
2. Explain that two students will be jump roping at a time. Two students will be spinning rope and everyone else will be singing the chant.
3. Let them know that when a student messes up they must come up with an emotion word that starts with the letter of the chant that they are on. They say the emotion word and the other student jumping must use it in a sentence. If they correctly do both, they get another chance to jump. If they don't, they move to the back of the line.
4. Explain that all students will get a chance to jump rope, and encourage all students to support other pairs by singing the chant loud and proud.
5. Pair up your students and decide who is starting jumping, who is starting spinning, and where students can line up.

Activity Prompts for Reflection

- Are any letters harder to come up with emotion words for?
- Did anyone have a hard time controlling themselves and not shouting out when it was not their

turn?

- Who can name a unique emotion they felt during this activity and describe what it felt like?
- Raise your hand, if you felt victorious at any point during this activity. What do you typically do when you feel this way?

Other Ways to Play

- Have students go one at a time jumping rope to make jumping rope easier.
- Have students double dutch with two ropes instead of one to make this activity more challenging.

Additional Notes

- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Category

1. Activities
2. Self-Awareness

Sel-competency

1. Self-Awareness

Allotted-time

1. 30 minutes

Themes

1. Jump Ropes and Hula Hoops