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**Directions:** Print and cut apart the Switcheroo cards. Put the cards in a container or a hat.

During an activity (ie task cards, reading assignments, etc) choose a card. Read it out loud. The students follow the directions on the card. For example, "Switch seats if you are wearing red", if the student is wearing red they should get up and change their seat. The students can complete the next task card. When done pick a new Switcheroo card to have the students get up and move.

If you just want a movement break, pick the Switcheroo cards one after the other having the children change their seats.

Switch seats with  
someone in front  
of you.

Switch seats with  
person on your  
left.

Switch seats with  
person on your  
right.

Switch seats with  
someone behind  
you.

Gallop to a  
new seat.

Switch seats if  
you are  
wearing green.

Walk backwards to  
a new seat.

Walk on tip toes  
to a new seat.

Switch seats if  
you are  
wearing red.

Switch seats if  
your birthday is  
in the Spring.

Switch seats if  
your birthday is  
in the Fall.

Switch seats if  
your birthday is  
in the Summer.

Switch seats if  
your birthday is in  
the Winter.

March with knees  
high to a  
new seat.

Hop like a bunny  
to a new seat.

Switch seats if  
you are  
wearing blue.

Switch seats if  
your name has the  
letter 'A' in it.

Walk sideways to  
a new seat.

Jump with two  
feet together to  
a new seat.

Switch seats if  
you have curly  
hair.



Switch seats if  
you have an older  
sibling.

Switch seats if  
you have a  
younger sibling.

Switch seats if your  
last name starts with  
any letter from A  
through E.

Walk on your  
heels to a new  
seat.

Walk like you are  
on a tight rope to  
a new seat.

Switch seats if  
you are  
wearing black.

Switch seats if  
you are wearing  
sneakers.

Do 10 squats and  
then switch seats.

Switch seats if  
you are wearing  
boots.

Walk sideways to  
a new seat.