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 Winter.

March with knees high to a new seat.

Switch seats if you are wearing blue.

Hop like a bunny to a new seat.

Switch seats if you have curly hair.

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

Switch seats if you have an older sibling.

Switch seats if you have a younger sibling.

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.