**Classic Kids’ Jump Rope Songs and Rhymes**

<https://www.care.com/c/stories/3968/11-catchy-jump-rope-rhymes/>

**1. Cinderella**

[*Cinderella*](http://www.gameskidsplay.net/jump_rope_ryhmes/jump_cin.htm) is a counting rhyme. To provide a bigger challenge, have kids count by twos, threes or multiples of a given number.

*“Cinderella, dressed in yellow*
*Went upstairs to kiss a 'fella*
*Made a mistake*
*And kissed a snake*
*How many doctors*
*Did it take?”*

**2. Miss Mary Mack**

Also a popular song to clap to, [*Miss Mary Mack*](http://www.playgroundjungle.com/2009/12/mary-mack.html) tells the tale of a girl with silver buttons down her back.

*“Miss Mary Mack, Mack, Mack*
*All dressed in black, black, black*
*With silver buttons, buttons, buttons*
*All down her back, back, back.*
*She asked her mother, mother, mother*
*For 50 cents, cents, cents*
*To see the elephants, elephants, elephants*
*Jump over the fence, fence, fence.*
*They jumped so high, high, high*
*They reached the sky, sky, sky*
*They never came back, back back*
*Till the 4th of July, ly, ly!*
*July can’t walk, walk, walk*
*July can’t talk, talk, talk*
*July can’t eat, eat, eat.*
*With a knife and fork, fork, fork.”*

**3. Fuzzy Wuzzy**

This ditty is also a tongue twister, making it extra difficult to sing [*Fuzzy Wuzzy*](http://bussongs.com/songs/fuzzy-wuzzy.php) and jump at the same time.

*“Fuzzy Wuzzy was a bear.*
*Fuzzy Wuzzy had no hair.*
*Fuzzy Wuzzy wasn’t very fuzzy, was he?”*

**4. Mabel, Mabel**

A perfect jump rope song to try just before sitting down to eat, [*Mabel, Mabel*](http://www.loving2learn.com/Books/BookstoMakeandIllustrate/JumpRopeSongs/MabelMabel.aspx) is a true classic!

*“Mabel, Mabel, set the table.*
*Do it as fast as you are able.*
*Don't forget the SALT, PEPPER, KETCHUP, MUSTARD.”*

**5. Teddy Bear, Teddy Bear**

If your kids really want to make others watch their smooth jump rope skills, this is the go-to rhyme. Mimic the actions mentioned in [*Teddy Bear, Teddy Bear*](http://www.scrapbook.com/poems/doc/2941.html) for an extra challenge.

*“Teddy Bear, Teddy Bear, turn around,*
*Teddy Bear, Teddy Bear, touch the ground,*
*Teddy Bear, Teddy Bear, show your shoe,*
*Teddy Bear, Teddy Bear, that will do!*
*Teddy Bear, Teddy Bear, go upstairs,*
*Teddy Bear, Teddy Bear, say your prayers,*
*Teddy Bear, Teddy Bear, turn out the lights,*
*Teddy Bear, Teddy Bear, say goodnight!”*

**6. 7-Up**

Kids can show off their counting skills and flexibility with [*7-Up*](http://extension.illinois.edu/hopping/rhymes05.html)*.*

*“7 up, 7 up, count to 11 up*
*1 2 3, 4 5 6, 7 8 9 10 11*
*6 up, 6 up, do the splits up*
*1, 2, 3, 4, 5, 6*
*5 up, 5 up, touch the side up*
*1, 2, 3, 4, 5*
*4 up, 4 up, touch the floor up*
*1, 2, 3, 4*
*3 up, 3 up, touch your knee up*
*1, 2, 3*
*2 up, 2 up, touch your shoe up*
*1, 2*
*1 up, 1 up, you're all done up”*

Links to these and other jump rope rhymes can be found at<http://www.gameskidsplay.net/jump_rope_ryhmes/index.htm>