

Beans Beans Beans

Command	Action
JUMPING BEAN	Jump around the room
RUNNER BEAN	Run around the room (looking out for other people). OR Running on the spot (more suitable for younger children than running around the room)
BROAD BEAN	Stretch your arms and legs out as wide as you can. OR Walk around the room taking as large strides as possible OR Jump in a star shape
BAKED BEAN	Lay on the floor in a star shape until the next command is given. OR Lie on floor and Sunbathe
JELLY BEAN	Move around the room slouching and doing silly movements OR Wobble like a jelly
CHILLI BEAN	Shiver and shake
FROZEN BEAN	Children have to stand very still.
MR. BEAN	Walk around with a puzzled/vacant expression, muttering under your breath!
BEAN SPROUTS	Stand on tiptoes and make yourself as tall and thin as possible.
STRING BEANS	Stand on the spot, making yourself as long and thin as a piece of string OR Find 2 partners, hold hands and run around in space. OR Make a long thin shape OR pretend to play an "air guitar" or violin!
BLACK-EYED BEANS	Children stand still and 'shadow box' by punching the air in front of them (obviously not touching anyone!) OR Stand on the spot with one hand over one eye.
BAKED BEANS ON TOAST	Lie flat on the floor, spreading arms and legs out as far as possible. OR Children lie in middle of area as close to each other as possible OR Find a partner and lay on the floor
DOUBLE BAKED BEANS ON TOAST	Two sets of partners join together and lay on the floor
BABY BEAN	Lie on the floor in the 'foetal' position
BEAN PIE	Children should all run together to form a group
BEANY BABY	Walk around the room, crying like a baby or be like a bean bag!
FRENCH BEANS	Stand in one spot and do the can-can OR Strike a pose and shout "Bonjour!" OR Strike a pose and shout "Oooh la la!"
BACK TO BACK BEAN	Find a partner and stand back to back until the next command.
SEAN BEAN	Based on the well known actor and Sheffield United fan. The children stand with their hands in the air - celebrating a goal and shouting the well known sheffield united exclamation : "C'mon you red and white wizzaarrrrrrrdddddssssssss!!!!!!!" OR Pretend to play the character "Sharpe", or playing football.
COFFEE BEANS	All cough madly (hands over mouths of course)
KIDNEY BEANS	Stand still with arms and upper body bent forwards at waist. OR Bend over and try to touch your toes! OR Freeze and bend into a C shape and shout Chillie Con Carne! OR Make a Kidney shape on the floor
BUTTER BEANS	Slide around on bottom (indoors) OR Make a cuboid shape
HUMAN BEANS	Running on the spot (i.e. we humans dash about and get nowhere fast!!!!)
SANTA'S BEEN	Walk about wobbling your tummy saying "Ho, Ho, Ho".
FULL OF BEANS	Dance around really energetically!
WHERE'VE YOU BEAN?	Puzzled expression, with hand over eyebrows peering into the distance
HAS BEANS	Walk around with a pretend walking stick as if old and frail. OR Point behind you, look behind you, or walk backwards. OR All lying on the floor pretending to be dead. OR Walk Backwards
BEAN THERE, DONE THAT!	Children walk haughtily with noses in air, waving one hand

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MEXICAN BEAN	The children stop and sing the first bar of the Mexican hat dance whilst dancing in a small circle as if around a hat. OR Children strike a pose and cry "Arriba! Arriba!"
JELLY BELLY BEAN	Students lay on floor on their bellies and wiggle.
NOT A BEAN	Wandering around the room looking sad
OLD BEAN	Walk round slowly like an old person.
DWARF BEANS	Moving around on your knees.
TINNED BEANS	Children get into small groups
BEAN HURT	Children rub their knee etc. as if they have been pushed off a swing!!
FLAT BEANS	You can use this at the end of the activity the children lie flat on their backs.
BEANSTALK	Children could start crouched on the floor and grow up slowly until they are straight and tall like the beanstalk in 'Jack and the Beanstalk'. OR children run up the bean stalk when you shout GIANT they climb back down and chop the beanstalk down.
MAGIC BEAN	Children either wave their magic wand or waggle their fingers as if casting a spell. OR children skip around room waving a wand.
BEANIE	Children crouch down on haunches, wrap arms around knees, and bounce on balls of their feet.
GREEN BEANS	Children stretch themselves very tall in a space.
MICROWAVE BEANS	Children run around, touching the floor, and jump up (with a PING!) into a star shape.
MEAN BEAN	Stomp around the floor looking mean and moody.
LEAN BEAN	Children get into pairs, and lean back to back supporting each others weight.
BEAN HAD	Children roll around the floor pretending to laugh.
TOOTHBRUSH BEAN	Walk around the room, pretending to brush your teeth.
LAUGHING BEAN	Children walk around the room laughing!
CRYING BEAN	Children walk around the room crying!
SAD BEAN	Children walk around the room pretending to be sad!
HAPPY BEAN	Children walk around the room pretending to be happy!
SPRING BEAN	Children start in crouching position and then spring up suddenly towards the sky!
CHICKEN BEAN	Children crouch and scratch around like chickens with their arms folded in as wings. Chicken noises could be made.
LEMUR BEAN	Children put their hands as though they are paws in front of their chests and look around eagerly like a Lemur!
THREE BEAN SALAD	Children get into threes, one on the bottom sitting on the floor, the next on their lap, the final one on the middle ones lap.
BEAN BAG	Children get into pairs. One sits on the floor, the other on their lap
	OR Pretend to be a bean bag, being thrown between two people.
	OR A child would inflate as a beanbag by breathing in deeply through nose and exhaling through their mouth.
BOGGIS, BUNCE AND BEAN	After reading Fantastic Mr Fox, a year 3 child suggested: 'Boggis, Bunce and Bean' - Children get into 3s, and each pretends to be one of the three farmers (one fat, one short, one lean (all mean)).
NEVER BEAN	Children curl up in a ball on the floor, as though they have never been born.
SUPER BEAN	Children freeze in an arabesque and can also make a suitable sound like Superman.
BEAN CASSEROLE	Children all join hands, or have a group hug!
WAX BEANS	Children strike a pose and hold it like they are made out of wax.
SNAP BEANS	Children snap their fingers.
HILL OF BEANS	"Hill of Beans" as we old timers used to say in reference to something not mattering very much as "It doesn` t amount to a Hill of Beans." The children could do the Mountain Climbing exercise (Get on your hands and one foot with the other foot stretched back and switch legs several times).