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) Stretch your arms and legs out as wide as you can. Walk around the room taking as large strides as possible Jump in a star shape 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 Wobble like a jelly CHILLI BEAN Shiver and shake	Command	Action
RUNNER BEAN OR Running on the spot (more suitable for younger children than running around the room) Stretch your arms and legs out as wide as you can. Walk around the room taking as large strides as possible Jump in a star shape 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 Wobble like a jelly CHILLI BEAN Shiver and shake	JUMPING BEAN	Jump around the room
Stretch your arms and legs out as wide as you can. Walk around the room taking as large strides as possible Jump in a star shape 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 Wobble like a jelly CHILLI BEAN Shiver and shake	RUNNER BEAN	Run around the room (looking out for other people).
BROAD BEAN Walk around the room taking as large strides as possible Jump in a star shape 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 Wobble like a jelly CHILLI BEAN Shiver and shake		, , ,
Jump in a star shape Lay on the floor in a star shape until the next command is given. OR Lie on floor and Sunbathe Move around the room slouching and doing silly movements Wobble like a jelly CHILLI BEAN Shiver and shake	BROAD BEAN	Stretch your arms and legs out as wide as you can.
BAKED BEAN Lay on the floor in a star shape until the next command is given. OR Lie on floor and Sunbathe Move around the room slouching and doing silly movements Wobble like a jelly CHILLI BEAN Shiver and shake		Walk around the room taking as large strides as possible
DR Lie on floor and Sunbathe Move around the room slouching and doing silly movements Wobble like a jelly CHILLI BEAN Shiver and shake		Jump in a star shape
OR Lie on floor and Sunbathe Move around the room slouching and doing silly movements Wobble like a jelly CHILLI BEAN Shiver and shake	BAKED BEAN	Lay on the floor in a star shape until the next command is given.
Wobble like a jelly CHILLI BEAN Shiver and shake		OR Lie on floor and Sunbathe
CHILLI BEAN Shiver and shake	JELLY BEAN	Move around the room slouching and doing silly movements
		Wobble like a jelly
FROZEN BEAN Children have to stand very still.	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!	MR. BEAN	
BEAN SPROUTS Stand on tiptoes and make yourself as tall and thin as possible.		Stand on tiptoes and make yourself as tall and thin as possible.
Stand on the spot, making yourself as long and thin as a piece of string	STRING BEANS	, , ,
STRING BEANS OR Find 2 partners, hold hands and run around in space.		OR Find 2 partners, hold hands and run around in space.
OR Make a long thin shape		OR Make a long thin shape
OR pretend to play an "air guitar" or violin!		OR pretend to play an "air guitar" or violin!