

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.
	Walk around the room taking as large strides as possible
	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
	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!