



BEANS GAME

A QUICK ENERGISER

INTRODUCTION

This is a fun little game that will get everyone moving about and energized, it can be done with one person or a hundred. Just shout out types of beans and then everyone gets moving.

WHAT WE NEED

- Space to jump around in safely
- Instructions for different beans

WHAT TO DO

Shout out the following commands, everyone follows them till you say the next one:

Jumping – Jump up	Runner – Run on spot
Chilli – Shiver	Frozen – Freeze
Broad – Stretch wide	Jelly – Wobble
String – Stretch Up	Baked – Lie down

