



# 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 any number of people taking part. Just shout out the 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 & down

Chilli – shiver

Broad – stretch wide

String – Stretch Up

Runner – run on spot

Frozen – freeze

Jelly – wobble

Baked – lie down

