

A jump, a jump, a jump

<https://riverofsong.uk/>

A lively 'bean' game adapted by Dany Rosevear. A good warm up activity.

Also try with **BROAD BEANS!** **BAKED BEANS!**

Wait for instructions (jumping beans) then jump vigorously, turn round and repeat. Do the same with other movements.



A jump, a jump, a jump, A - turn - ing a - round and then, A jump, a jump, a

jump, And turn - ing a - round a - gain! RUN - NER BEANS!

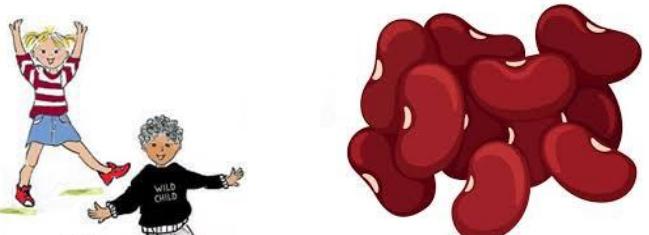
JUMPING BEANS!

A jump, a jump, a jump,
A-turning around and then,
A-jump, a jump, a jump,
And turning around again!



KIDNEY BEANS!

A hop, a hop, a hop,
A turning around and then,
A hop, a hop, a hop,
And turning around again!



JELLY BEANS!

A shake, a shake, a shake,
A turning around and then,
A shake, a shake, a shake,
And turning around again!



FROZEN BEANS!

Stand still, stand still, stand still,
Don't turn around but then,
Stand still, stand still, stand still,
Ready to move again! RUNNER BEANS!