

# 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.*



## JUMPING BEANS!

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



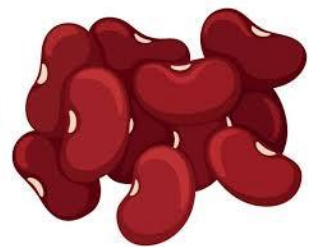
## KIDNEY BEANS!

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!

