

Bag of Beans!

This is a fun and energetic warm up that can help build key skills such as creativity and spontaneity.

It is suitable for all ages and abilities and requires a large space. It should last no longer than five minutes.

Instructions:

1) Tell the pupils to find a space in the room.

2) Each type of bean has a different action:

JELLY BEAN: Wobble your whole body

BROAD BEAN: Stretch as far as you can

FROZEN BEAN: Freeze on the spot

STRING BEAN: Stand as tall as you can

JUMPING BEAN: Jump on the spot