

# Go Bananas

*This is a great pulse raiser, that should generate a lot of energy amongst the students.*

*It is suitable for all ages and abilities and should last no longer than five minutes.*

## **Instructions:**

- 1) Gather the pupils into a circle.
- 2) Call out the following instructions and encourage the pupils to repeat:
  - 'Banana's Unite!'** - Clasp hands over head.
  - 'Peel Banana!'** - Backstroke.
  - 'Chop Banana!'** - Make chopping motions.
  - 'Shake Banana!'** - Twist / Shake.
  - 'Go Bananas!'** - Go crazy and dance.
- 3) Repeat this several times, experimenting with the voice - for example, start off with a whisper and gradually get louder.