

## Jumping beans

**Level:** A1.1

**Age:** 5-7

**Organization:** whole class

**Aims:** To listen and respond with actions; to develop physical coordination; to let off physical energy; to cooperate with others.

**Language focus:** beans (e.g. *jumping, runner, jelly, baked, coffee, broad, string*)

**Materials:** *Essential:* none/*Optional:* examples or pictures of different types of beans

### Procedure

1. Show the children examples or pictures of different kinds of beans, if you have these, or draw some beans on the board. If you like, ask the children *Are you full of beans?* And use mime to convey that this means *'Are you full of energy?'* If the children say yes, say *Then let's play jumping beans!*
2. Ask the children to stand up and demonstrate the following actions for the game: for 'jumping beans' children should jump up and down; for 'runner beans' they should run on the spot; for 'jelly beans' they should pretend to shiver; for 'baked beans' they should cuddle together in groups (the exact number doesn't matter); for 'broad beans' they should hold out their arms to make themselves look broad; for 'string beans' they should hold hands with others and stand in a line (again the exact number doesn't matter); for 'coffee beans' they should pretend to drink a cup of coffee.
3. Call out the names of the different kinds of beans in random order and children respond by doing the actions. Be ready to do these with the children at first.
4. Repeat and either increase the speed and/or stop doing the actions yourself as the children respond more confidently.

### Comments and Suggestions

- Children love the physical movement in this game and will often ask to play it again and again! It can also be very useful to use if you sense children need to let off physical energy or you wish to change the pace and mood of a lesson, e.g. after they have worked quietly completing an activity sheet.
- In order to manage the game positively, it may be useful to use the 'freeze' control technique. You can also introduce 'sleepy beans' as the final instruction in the game, to which children

respond by lying down and pretending to go to sleep. This settles the children before moving on to the next activity.

- With younger children, it is advisable not to introduce all the beans and actions at once. If you play the game on repeated occasions, you can start by teaching them the actions for, e.g. three beans, and then add a new one each time you play.