

The Beans

How to set up:

- ✓ Players require a small space in which they can comfortably move their arms around without touching anything.

How to Play:

- ✓ One player calls out the following 'Beans' at random, other players must perform the correct movement:
 - Jelly Bean = players wobble like Jelly
 - String Bean = players stretch up tall
 - Baked Bean = players slowly rotate on the spot
 - Broad Bean = players stretch their arms and legs out wide
 - Mexican Bean = players pretend to lasso and shout 'Arriba!!'
 - Runner Bean = players run on the spot

Progression:

- ✓ Call out the Beans faster or slower to make the activity harder or easier.
- ✓ Give forfeits to players who perform the incorrect movement (i.e. 10 Star Jumps).