**BEAN EXERCISES**

**TIME REQUIRED:** 10minutes

**PROCEDURE:**

This is a quick, fun warm-up activity to do outside in the garden to get students moving their bodies and thinking about the amazing diversity of beans! Call out the different bean types and have your students act out each of these movements.

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| **BEAN** | **ACTIVITY** |
| **String bean** | Stand tall with arms stretched way up above your head to be as stringy as possible |
| **Broad bean** | Stretch arms and legs wide out to either side |
| **Winged bean** | Flap your arms like wings |
| **Runner bean** | Run in place |
| **Jumping bean** | Jump in place |
| **Chilli bean** | Shiver and shake |
| **Snap bean** | Snap fingers |
| **Jelly bean** | Wiggle like jelly! |