



Go Bananas!



**Get
Ready!**

Make room wherever you are playing so that everyone has enough personal space to dance and move.



Instructions:

1. Begin the game with your feet hip-width apart and arms at your sides (palms up).
2. Keeping your arms straight, bring your hands over your head together and clap. When clapping, jump and bring your feet together.
3. As you jump, yell **"BANANAS, UNITE!"** Say "bananas" as you raise your arms, and "unite" as you clap.
4. Next, we will learn the BANANA SPLIT position. Lower your straight arms from over your head to out wide at your sides (palms up). At the same time, jump so that your legs are in a wide stance again, and shout **"BANANAS, SPLIT!"**
5. Next, we BANANA DANCE! Repeat each verse below 2 times in a sing-song manner while doing the movements for each verse.
 - "Pick bananas, pick, pick bananas" (jump or step-touch while you reach and pick bananas from a tree)
 - "Peel bananas, peel, peel bananas" (arms overhead with hands together, and peel down one arm at a time while bouncing on your feet)
 - "Mash bananas, mash, mash bananas" (jump up and down as if smashing bananas underfoot)
 - "Eat bananas, eat, eat bananas" (stuff "bananas" in your mouth and sing with mouth full while step-touching)
 - "Go bananas, go, go bananas" (do a crazy banana dance!)

Family Talking Points:

Discuss together and write or draw your answers in the space provided.

1. The jumping and mashing movements you did help big strong bones. Can you think of other bone strengthening movements?
2. Dancing is a great aerobic activity. Can you think of some reasons aerobic activity is important?
3. What other fun aerobic activities could you do?