

GO BANANAS!

Ready

- *Go Bananas Prompt Page*

Set

- Students scattered in the classroom with chairs pushed in.

GO!

1. Today's Classroom ASAP is called *Go Bananas*. The object is to perform actions based on the chant. The chant goes as follows:
2. "Grow bananas, grow, grow bananas."
 - Raise 1 arm slowly until overhead. Repeat the phrase and raise the other arm overhead.
3. "Peel bananas, peel, peel bananas."
 - Slowly lower 1 arm. Repeat the phrase and lower the other arm.
4. "Mash bananas, mash, mash bananas."
 - Stomp on the floor and repeat.
5. "Go bananas, go, go bananas!"
 - Jump up and down and go bananas! Repeat.
6. (*Lead students in several rounds.*)
7. **Challenges**
 - How quickly can we get to "go bananas"?
 - How quietly can we "go bananas"?
 - Who can think of another fruit or vegetable we could grow?
8. **Teaching Tips**
 - Be sure other classes nearby are not in "testing mode" when your group goes bananas, as it will get loud and crazy.
 - Teach and practice a signal for getting back to normal. Don't allow students to go bananas again until they can come back down quickly.

