

Go Bananas

A favorite among students and teachers alike. Use to accompany a unit on nutrition, or when you just feel the need to be a little silly.

GRADE LEVEL

K–3

SKILLS PRACTICED

Rhyming,
oral language,
rhythm, self-control,
left and right,
creativity

MATERIALS NEEDED

Optional:
Chart with words

PREPARING STUDENTS FOR SUCCESS

- Practice saying the chant together.
- Model and practice actions for each movement; specifically, make sure each child has room to do a standing split at the end.
- Share ways to maintain self-control while staying in one place.

WORDS AND ACTIONS

Bananas

*Bananas... **Unite!***

While standing, extend arms upward, palms together over head

Peel bananas

Peel-peel bananas

Wiggle left arm down along left side of body

Peel bananas

Peel-peel bananas

Wiggle right arm down along right side of body

Peel them to the left

Swing left arm up and behind head

Peel them to the right

Swing right arm up and behind head

Peel them down the middle

Swing both arms down in front and then out to sides

And Unb! Take a bite

Pull both fists down hard at sides while bending knees

And Unb! Take a bite

Pull both fists down hard at sides while bending knees

Go bananas

Point both index fingers up and down above head while slowly twirling in a circle

Go-go bananas

Continue pointing and twirling

Go bananas

Continue pointing and twirling

Go-go bananas

Continue pointing and twirling

Bananas . . . Split!

Raise arms straight up and then do a standing split—one arm and leg stretched forward, the other arm and leg stretched backward—FREEZE!

VARIATIONS

Use during transitions, such as from circle to group areas. When you get to *Bananas . . . Split!* at the end, replace the word “bananas” with four to five children’s names that will be moving out of the group to their next area. Then repeat the chant with those remaining in the circle until all children have been dismissed.

OTHER VERSIONS

These versions are rhythmically similar to the banana version but omit the movements to the right, left, and middle.

Popcorn

Form the corn

Form-form the corn

Stand up straight, raise arms, and clasp hands above head

Shuck the corn

Shuck-shuck the corn

Wiggle and lower arms slowly down one at a time

Pop the corn

Pop-pop the corn

Jump up and down

Potato

Form the potato

Form-form the potato

Start standing and slowly squat down low, curling into a round potato-like figure

Grate the potato

Grate-grate the potato

Scrape right hand twice against left arm and then left hand twice against right arm

Mash the potato

Mash-mash the potato

Stamp feet while slowly standing and tapping one fist atop the other

Orange

Form the orange

Form-form the orange

While standing, hold arms out in front, rounded as if encircling a giant orange

Peel the orange

Peel-peel the orange

Pull one arm and then the other slowly back

Squeeze the orange

Squeeze-squeeze the orange

Hug yourself