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

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

*Shuck the corn*
Wiggle and lower arms slowly down one at a time

*Pop the corn*
Jump up and down

### Potato

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

*Grate the potato*
Scrape right hand twice against left arm and then left hand twice against right arm

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

### Orange

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

*Peel the orange*
Pull one arm and then the other slowly back

*Squeeze the orange*
Hug yourself