

## Go Bananas

**Impact:** Energizes a group, gets participants warmed up physically, encourages laughter and vocal expression.

**Risk:** Low

**GROUP SIZE:** Any number

**Time Required:** Under 5 minutes

### Directions:

“Go Bananas” is an energizing cheer/dance. The words and moves are as follows:

- *Bananas of the World Unite!:*
  - Clasp hands over head in a temple pose.
- *Peel Bananas, Peel Peel Bananas:* (say twice)
  - Do the back stroke/dance.
- *Chop Bananas, Chop Chop Bananas:* (say twice)
  - Make chopping motions with your hands.
- *Shake Bananas, Shake Shake Bananas:* (say twice)
  - Do the twist/shake.
- *Eat Bananas, Eat Eat Bananas:* (say twice)
  - Pretend to eat bananas.
- *Go Bananas, Go Go Bananas:* (say twice)
  - Go crazy and dance.

### Want More?

For more **ice breakers**, please see our book *Growing Together* at [thefoodproject.org/books](http://thefoodproject.org/books).

Want to learn more about how we create youth leadership development models in the context of farming, our social justice curriculum, and our food access initiatives? Attend one of our Institutes! More info at [thefoodproject.org/institute](http://thefoodproject.org/institute).

