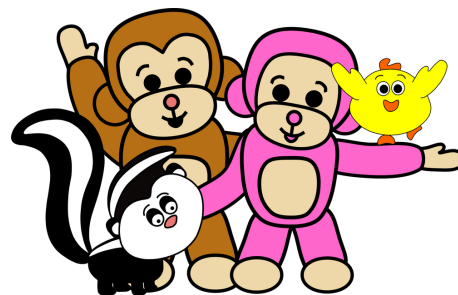




Lesson plan: I'm a banana

Dancing, freezing and healthy fruit | ages 4 to 6



Time	about 30 minutes
Video	I'm a banana (2 min 30 s, sung in English)
Where	mamoforkids.nl/en-gb/filmpjes or youtu.be/HJ8AFdZq5Nk
You need	a screen, the two worksheets, crayons, a real banana and some other fruit

What do the children learn?

- They move to music and freeze on an agreed signal (the banana break).
- They name a few kinds of fruit and say what colour they are.
- They count to 7 and write the number.
- They draw a face with their own expression.

What is the song about?

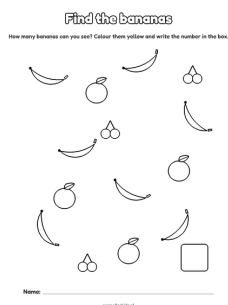
A cheerful banana dances and wiggles to a pop rock song. Every time the song says "Gotta get a banana break", the banana freezes. In the chorus she sings that she is a yellow banana queen, full of goodness, to eat in between meals. At the end the banana puts on her sunglasses.

A suggested lesson

1. Circle time 5 min	Show a real banana and some other fruit. What colour is it? Who eats bananas?
2. Watch 5 min	Play the video. What does the banana do at the banana break?
3. Dance 8 min	Play the video again. Everybody dances. At every banana break everyone freezes like a statue. Whoever moves sits down for a moment and joins in again next round.
4. Talk 2 min	Why is fruit good for you? What do you like to eat between meals?
5. Do 10 min	Choose a worksheet. On "Find the bananas" the children count seven.

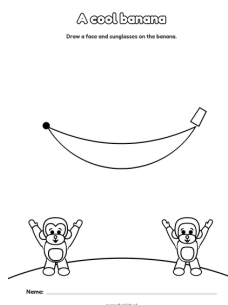
The worksheets

You will find them on pages 3 and 4. They are also on mamoforkids.nl/en-gb/lesbrieven.



Find the bananas

Bananas among apples and cherries. The children colour the bananas yellow and write how many there are in the box. The answer is 7.



A cool banana

A big banana. The children draw a face and sunglasses on it, just like in the video.

Easier or harder

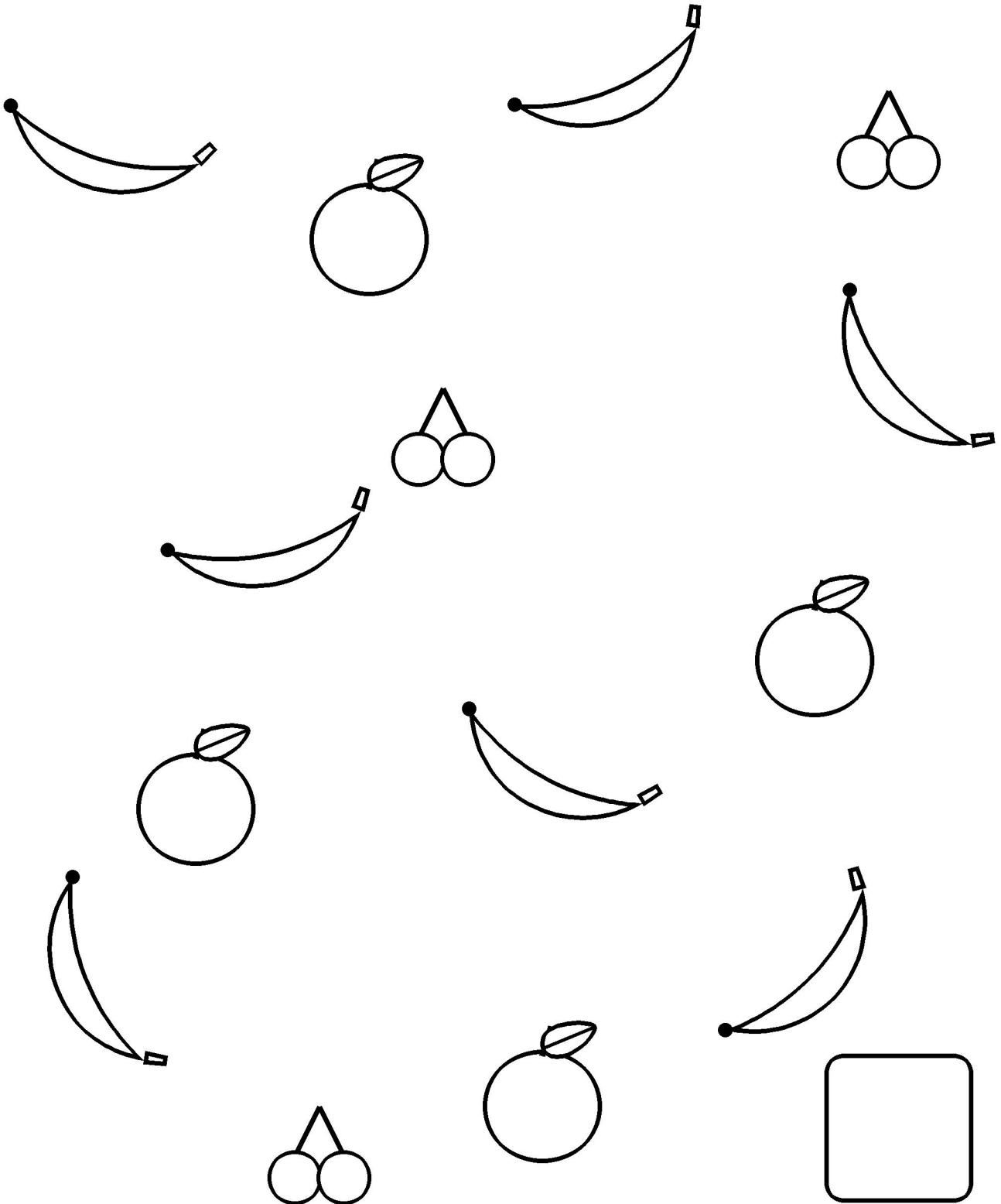
- Younger children: only colour the bananas and count them out loud together. They do not need to write the number.
- Older children: count the apples and the cherries too. Which fruit is there most of?
- For children who are ready for more: make up your own freeze word for the dance game, for example apple break.

At home

The video, the colouring pages and the lyrics are free on mamoforkids.nl, in Dutch, English and Spanish. There are no ads on the site and we never ask children for personal details.

Find the bananas

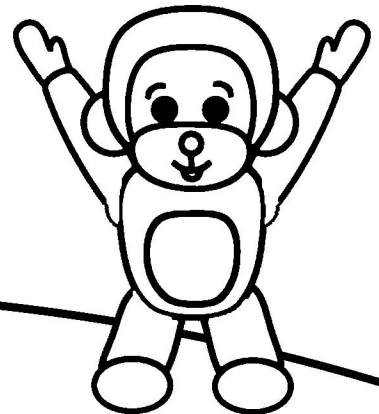
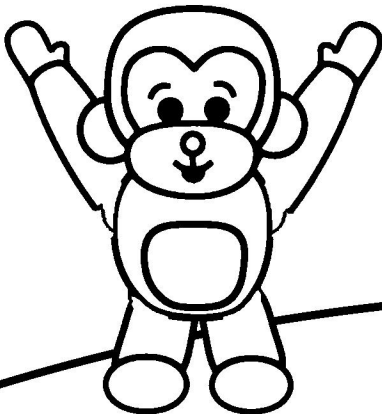
How many bananas can you see? Colour them yellow and write the number in the box.



Name: _____

A cool banana

Draw a face and sunglasses on the banana.



Name: _____