

**Beans on Toast**

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| **# of people to play:** 2+ | **Best for ages:**  5+ |
| **Equipment needed:** None**Social and Emotional (SEL) Competencies:** Self-management**SEL Skills Practiced:** Active listening & resilience  | **Setup/Teaching Time:**  5 minutes |

### **Set Up**

* Find somewhere to play that allows everyone to have some space to move
* The leader should stand in front of the group so that they are visible to everyone

### **Before You Start**

* Choose one person to lead the game and remind the group to focus on playing safely

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### **Review SEL Skills Practiced:**

* **Active Listening:** Use your ears, eyes, and body to listen to and follow directions.
* **Resilience:** Shake off your mistake/loss, and get ready to try again!

### **How to Play**

* The leader’s job is to call out different types of beans. Each bean will have an action associate with it. When the bean is called out, the group does the action for that bean. The goal is to follow the directions as quickly as possible and without making any mistakes. If you are able to go the longest without making a mistake, you get to be the new leader.
* Teach the various beans one at a time. Practice each one and add in new beans until you have a list of 3-4 that the group knows. Here are a few to start with:
	+ String Bean - Stand straight and tall with your hands together over your head
	+ Chilly bean - Shiver like you’re out in the cold
	+ Dancing Bean - Show one of your best dance moves
	+ Green Bean - Run in place as fast as you can
	+ Red Bean - Stop running and freeze
* The leader should call out the beans and mix up the speed and order. Example: “String bean, Green Bean, Red Bean, Red Bean, Chilly Bean”
* If at any point someone does the wrong action they should step out and sit next to the leader.
* Aside from the various beans, the leader can also call out “Beans on Toast.” When you hear “Beans on Toast,” fall to the ground as quickly (and safely!) as you can.
* The leader will watch for the last person to fall to the ground. If you’re the last one on the ground, step out of the game, sit next to the leader, and help them come up with new bean ideas.
* As you play, add in more beans, create your own beans and actions, and try to trick the group any way you can!

**SEL Game Debriefs**

* What does integrity look like in this game?
* How did you feel when you made a mistake in this game? What did you do to prepare yourself for the next round if you got out?
* What is an example of a time that you showed resilience (you “shook it off”) at home this week?

### **Academic Applications**

* Teach motions to accompany the parts of a bean plant
	+ Roots - bend down and touch toes
	+ Stem - stand straight and tall
	+ Flower - waves arms above your head
	+ Bean - crouch down in a ‘bean’ shape
* Reinforce new language skills

### **Modifications for Social Distancing**

* Spread out so everyone has their own social bubble to play in
* Teach “Bubble Bean” to illustrate giving each other space

**Challenge Ideas**

* What creative beans and actions can you come up with?
* As the leader, can you trick everyone all at once?
* How many commands can you follow before making a mistake?