

# Energizers

## Banana Dance (EEP – Gr. 6)

### Instructions:

**Action All:** *Hands go over the head like a pencil while leader says “banana’s of the world unite”*

**Leader:** Banana’s of the world...unite!

**Action:** *Reach up to pick bananas, alternating left and right*

**Leader:** Pick bananas, pick-pick bananas

**All:** Pick bananas, pick-pick bananas

**Action:** *Fist pump right, then left*

**Leader:** Peel bananas, peel-peel bananas

**All:** Peel bananas, peel-peel bananas

**Action:** *Karate chop in front of the body, alternating hands*

**Leader:** Slice bananas, slice-slice bananas

**All:** Slice bananas, slice-slice bananas

**Action:** *With hands in fists, bump the top of the hand bottom of the other hand in a mashing motion*

**Leader:** Mash bananas, mash-mash bananas

**All:** Mash bananas, mash-mash bananas

**Action:** *Pretend to eat mashed bananas with your hands*

**Leader:** Eat bananas, eat-eat bananas

**All:** Eat bananas, eat-eat bananas

**Action:** *Dance and spin in a circle with hands over your head*

**Leader:** Go bananas, go-go bananas!

**All:** Go bananas, go-go bananas!

\*You can check out YouTube for a video demonstration of the song.